

CITY OF BURIEN

Fall 2015

Recreation Guide

**Arts-a-Glow
Lantern Festival**

PAGE 3

Free Fitness Week

PAGE 21

**Senior Trips
& Travel**

PAGES 26 & 27

Join the
Arts-a-Glow
party on
September 12!

www.Register.BurienParks.net
206.988.3700



Seniors love
**Enhance
Fitness**
classes,
page 25



New
**"Kids
Night In"**
program
means parents'
night out!,
page 10

BURIEN RECREATION GUIDE FALL 2015

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Rentar Las Instalaciones o Para Un Programa

¿SABÍA USTED que puede rentar el Centro Comunitario o los cobertizos para picnics en el Parque Seahurst para su reunión familiar? Ofrecemos también una amplia gama de clases para todo el mundo, desde los más chicos hasta los adultos mayores. Si no habla inglés, lo podemos atender más rápido si trae un amigo o familiar que le pueda interpretar. Visite el Centro Comunitario en el 14700 6th Ave SW en Burien de lunes a jueves de las 8:30 AM a las 8:00 PM, viernes de las 8:30 AM a las 5:00 PM, y sábados de las 8:00 AM a las 12:00 PM.

¿NO HABLA INGLÉS? Ver las pagina 39.



SCHOLARSHIPS AVAILABLE FOR LOW INCOME YOUTH

- > Pay 50% less than the listed fee if your family qualifies for free/reduced lunches
- > Must be a Burien resident
- > Call 206.988.3700 for information



BURIEN

lantern making
artist installations
face painting
music
performers
food trucks
...and more!

arts-a-glow

2015

Lantern Festival & Procession!
Festival de Internas y Procesion!

Saturday, September 12
5:00–10:00 PM

www.BurienWA.gov/GLOW
206.988.3700

Dottie Harper Park
421 SW 146th



CITY OF BURIEN

CELEBRATE OUR
BEAUTIFUL BEACH
WATCH THE SUNSET



ROAST
MARSHMALLOWS
LEARN ABOUT
SEA LIFE, AND MORE!

Seahurst Beach FAMILY CAMPFIRE

FRIDAY, OCTOBER 2
6:00-8:00PM

SEAHURST PARK
1600 SW SEAHURST PARK ROAD



www.BurienWA.gov/SeahurstCampfire
206-988-3700



TASTE OF TUSCANY

SPAGHETTI FEED FUNDRAISER
FOR SENIOR PROGRAMS

Dance, Dinner, & Auction

Featuring live dance music from Randy Litch,
dinner, wine, and silent auction.

FRIDAY, SEPTEMBER 25
5:00-8:00PM

BURIEN
COMMUNITY
CENTER

\$18 / RD \$15

Must purchase tickets by 9/1



AFTER-HOURS BEACH WALKS



ENVIRONMENTAL
SCIENCE CENTER

Come to the beach when tides and lights are out!

Join the Environmental Science Center, beach naturalists and fellow Puget Sound enthusiasts to see marine animals in a whole new light—your FLASHLIGHT! Bring hats, gloves, wading boots, and flashlight.

All walks held from 8:00pm–10:00pm

Sunday, November 22, Sunday, December 6,
and Saturday, January 9

ENVSCIENCECENTER.ORG // 206.248.4266



EVERGREEN COMMUNITY AQUATIC CENTER

Evergreen Community Pool is a beautiful facility located next to the Evergreen High School campus and athletic field complex at the south end of White Center.

606 SW 116th St. Seattle, WA 98146

www.evergreenpool.org • 206.588.2297

- Public Swims
- Lessons for all ages
- Aquarobics
- Family Swims
- Lap Swims
- WhiteWater Aquatics Swim Team

FREE FAMILY SWIM PASSES NOW AVAILABLE!

Low-income families who qualify for free/reduced lunches and live within Burien city limits can now receive FREE Family Swim Passes for the Evergreen Community Aquatic Center. Passes are good for Open and Lap Swims.

Pick up your pass at the
Burien Community Center
14700, 6th Ave SW

Information: 206.988.3700






Burien WALKS & Stays Healthy



Local Walking Paths & Trails

Caminos y Senderos Peatonales en los Vecindarios

EASY	Gravel surface & minimal distance
	<p>Hazel Valley Park 251 SW 126th • .25 mile gravel loop</p> <p>Lake Burien School Park 14640 18th Ave SW • .25 mile flat gravel loop</p> <p>Lakeview Park 422 SW 160th • .20 mile gravel loop</p> <p>Miller Creek Trail 14455 Des Moines Memorial Dr • .5 mile paved</p> <p>Puget Sound Park 135 SW 126th Street • .5 mile cinder track</p> <p>Sylvester Middle School Track 16222 Sylvester Rd SW • .25 mile track</p>
MODERATE	Non-gravel surface, more distance, & some inclines
	<p>Mathison Park 533 S 146th • .25 mile loop trail</p> <p>Salmon Creek Ravine 12540 Shorewood Dr SW • 1.9 miles of trails</p>
MODERATE to HIGH	Longer distance, steep inclines, and/or uneven surfaces
	<p>Seahurst Park 1600 SW Seahurst Dr SW</p> <p>Nature Trail: .75 mile</p> <p>Service Road Trail: 1.15 miles</p> <p>North Shoreline Trail: .4 mile</p> <p>South Shoreline Trail: .3 mile</p>



Join Burien neighbors and others to walk and talk for fun conversation and exercise. Walking allows you to get the kinks out, clear the cobwebs, change your outlook, and get a body that feels and functions better!

burien's
**walk
n
talk**

1st Sunday of every
month at 2:00pm

wabi
**weekday
walkers**

3rd Wednesday of the
month, times may vary

Each month's meet-up location and walking route will be posted on WABI website a few days before the walk. Walks go rain or shine.

www.WabiBurien.org

info@WabiBurien.org

Family & All Ages

MARTIAL ARTS

Beginning Karate for NEW Students

REGISTER EARLY...This popular class fills quickly! Learn the basics of blocking, striking, kicking, self-defense, and more. For students who want advancement in Belts and to move to the next level (Beginning for Continuing Students), uniforms and a Seattle Tang Soo Do \$40 Association membership fee are required after 5 weeks of this session. No class 9/7 & 11/11.

Age: 8Y and up \$118 / RD \$112 Classes: 32

18191 Aug 24–Dec 16 6:00–7:00pm Mon, Wed

BCC Manhattan Room

Instructor: Paul Miller

Beginning Karate for CONTINUING Students

This is a continuation of the Beginning class for returning White Belt students. No class 9/7 & 11/11.

Age: 8Y and up \$118 / RD \$112 Classes: 32

18194 Aug 24–Dec 16 6:00–7:00pm Mon, Wed

BCC Manhattan Room

Instructor: Paul Miller



Intermediate Karate-Tang Soo Do

For Tang Soo Do graduates who have earned the rank of Yellow, Orange & Purple belts (or by instructor's permission only). No class 9/7 & 11/11.

Age: 8Y and up \$118 / RD \$112 Classes: 32

18193 Aug 24–Dec 16 6:00–7:00pm Mon, Wed

BCC Manhattan Room

Instructor: Paul Miller

Advanced Karate-Tang Soo Do

Continuation of Intermediate class for students with Green Belts and higher (or by Instructor's permission only). No class 9/7 & 11/11.

Age: 8Y and up \$118 / RD \$112 Classes: 32

18192 Aug 24–Dec 16 7:00–8:00pm Mon, Wed

BCC Manhattan Room

Instructor: Paul Miller

Parent & Child

SCHOLARSHIPS AVAILABLE

Scholarships are available.
Please call 206.988.3700 for more information.

SOCCER

Mommy/Daddy & Me Soccer

Introduce yourself and your toddler to the 'World's Most Popular Game!' As you and your child participate in our fun age appropriate activities, your child will be developing their large motor and socialization skills. A variety of activities designed around the game of soccer will be played each week. The fun happens on the field, and in Mommy/Daddy & Me Soccer, you won't have to watch from the sidelines. Every child receives a KLS jersey! No class 11/26.

Age: 2Y–3Y Fee: \$80 / RD \$76 Classes: 6

18042 Sept 17–Oct 22 3:30pm–4:00pm Thur

Green House Field

18043 Nov 5–Dec 17 5:00pm–5:30pm Thur

Cedarhurst Elem. Gym Instructor: Kidz Love Soccer, PNW



Indoor Tot Spot

Looking for new ways to engage your toddler? Visit our indoor playground, perfect for those wet and cold days. The play area is equipped with ride-on-toys, tumbling mats, playground equipment and plenty more.

Starts again September 15

Tues & Thur 10am–12pm

Age: Crawlers to 5 year old

Drop In: \$2 per child (cash only)

Punch Card: \$20 for 10 visits
(Visa, MC, cash or check)





DANCE

Pre Ballet

Calling all little ballerinas. Learn ballet through creative movement and games to classical music. Students will learn rhythm, flexibility, ballet vocabulary and basic positions while focusing on being expressive through their movement and imagination. Dress code: leotards, tights or leggings and leather bottom ballet shoes. No class 11/11.

Age: 3Y-4Y	Fee: \$56 / RD \$48	Classes: 6
18175 Sept 16-Oct 21	10:00am-10:45am	Wed
18176 Nov 4-Dec 16	10:00am-10:45am	Wed
BCC Manhattan Room Instructor: New City Dance Co.		

Ballet/Tap

Can't decide between ballet or tap? Why not try both? Students will have fun exploring the gracefulness of ballet and the upbeat rhythm of tap. Dress code: leotards, tights or leggings, tap shoes and leather bottom ballet shoes. No class 11/11.

Age: 3Y-5Y	Fee: \$56 / RD \$48	Classes: 6
18177 Sept 16-Oct 21	4:30pm-5:15pm	Wed
18178 Nov 4-Dec 16	4:30pm-5:15pm	Wed
BCC Manhattan Room Instructor: New City Dance Co.		

SPORTS

Tot/Pre Soccer

Young children will develop large motor skills while having fun running and kicking just like the big kids! Shin guards are required by the second class. Participant-to-coach ratio is 8:1. Every child will receive a KLS jersey. No class 11/26.

Age: 3Y-5Y	Fee: \$80 / RD \$76	Classes: 6
18045 Sept 17-Oct 22	4:10pm-4:45pm	Thur
Green House Field		
18044 Nov 5-Dec 17	5:40pm-6:15pm	Thur
Cedarhurst Elem. Gym Instructor: Kidz Love Soccer, PNW		

PRESCHOOL PARENT ATTENDANCE POLICY

For most preschool classes, parents are encouraged to attend the first day of class unless otherwise stated in the class description. Parents are discouraged from attending all other classes so that their child can completely focus on the class content.

Burien Co-op Preschool

Experience the power of PLAY with your child in a developmentally appropriate cooperative preschool. Program meets September to May.

INFORMATION/REGISTER:

www.BurienCo-op.org
or 206.241.6714

Day Programs

FIREFLIES 12-24 months old

Wed, 9:45-11:15am
\$40/mo + \$13.80 quarter

DRAGONFLIES 2-3 years

Thur/Fri, 9:45-11:45am
\$77/mo + \$27.80 quarter

OTTERS 3-4 years

Tue/Wed/Thur, 9:30-11:30am
\$112/mo + \$41.50 quarter

ORCAS 4-5 years

Tue/Wed/Thur, 12:15-2:45pm
\$121/mo + \$41.50 quarter

Students must meet age requirement by August 31 of current school year.

Community Center Annex
425 SW 144th St • Registration fee: \$50

PLAYTIME PALS

is offered through SKIP (South King Early Intervention Program) and is available for children 24-36 months. This structured group includes free play, art, circle, gross motor play, and snack. Every activity is catered to the individual needs of each child.

Mondays & Wednesdays, \$5 per class

To register, contact **Josie Longhurst** at 253.216.0720 or josie@skipkids.org, or pick up registration form at the front desk: 127 SW 156th St Burien, WA 98166



CHILDREN'S THERAPY CENTER
Celebrate what is. Commit to what can be.
SKIP Early Intervention



ART

Adventures in Art

Explore the world of art through painting, drawing, printmaking, clay and more. Your young artist will learn color mixing, design principles and construction while making work that expresses a sense of adventure. This is wonderful, messy fun, so please dress accordingly! Returning students welcome. All supplies provided.

Age: 7Y–11Y Fee: \$100 / RD \$96 Classes: 8
17983 Oct 1–Nov 19 4:30pm–6:00pm Thur
 MAC Multipurpose Room Instructor: John Taylor

Kid's Clay

Pinch, roll, coil, and paint your original artwork in this fun and messy class. Learn all the basics of handbuilding each week as you learn a different way to play with clay! Complete your one-of-a-kind pieces with colorful slips and glazes. All supplies provided.

Age: 6Y–10Y Fee: \$100 / RD \$96 Classes: 8
17981 Oct 6–Nov 24 4:00pm–5:30pm Tue
 MAC Handbuilding Room Instructor: Pamela Fredback

Kid's Clay Workshop: Ornaments

NEW Decorate the holidays with one-of-a-kind ornaments made by you! Using basic handbuilding techniques, your child will create 5 beautiful handmade ornaments to give as gifts or decorate your home for the winter holidays. Complete your creations on the second week with colorful glazes.

Age: 6Y–10Y Fee: \$35 / RD \$33 Classes: 2
18021 Nov 7–14 10:00am–11:30am Sat
 MAC Handbuilding Room Instructor: Pamela Fredback

LEGO® FUN!

LEGO® Adventure Workshop

NEW We will travel from the depths of the earth to the far reaches of space with two of our most popular themes: Minecraft and Star Wars! Students will learn basic and advanced building techniques while exploring various building scales and styles. All supplies provided.

Age: 6Y–14Y Fee: \$69 / RD \$66 Classes: 2
18008 Sept 23–30 4:00pm–6:00pm Wed
 MAC Multipurpose Room Instructor: Lucas Bonnema

DANCE

Intro to Break Dance

This high-energy form of self expression helps develop rhythm, athleticism and body control. Time during each class will be allotted for structured learning of techniques and free form presentation of movements.

Age: 5Y–10Y Fee: \$56 / RD \$48 Classes: 6
18173 Sept 21–Oct 26 6:00pm–6:45pm Mon
18174 Nov 2–Dec 7 6:00pm–6:45pm Mon
 BCC Hilltop Room Instructor: Krubel Amare

YOUTH PARENT ATTENDANCE POLICY

For most youth classes, parents are encouraged to attend the first day of class unless otherwise stated in the class description. Parents are discouraged from attending all other classes so that their child can completely focus on the class content.



KID'S NIGHT IN



IT'S TIME FOR A PAJAMA PARTY AT THE BURIE COMMUNITY CENTER!

Drop your kids off in their pajamas for an evening of fun while you have a night on the town. Each month is themed with crafts, physical activities, and dinner provided. From glow-in-the dark dance parties during our Spooky Science night to snowball fights during our Winter Wonderland, your child will want to come back every month!

AGES 5-12 YEARS

OCTOBER 9: **SPOOKY SCIENCE** :: 6pm-9pm :: #18195
 NOVEMBER 13: **Kid's CAN COOK!** :: 6pm-9pm :: #18196
 DECEMBER 11: **WINTER WONDERLAND** :: 6pm-9pm :: #18197
 @ Burien Community Center :: \$27/ RD \$23 per child

SPORTS

Soccer 1

Beginning players learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Shin guards are required by the second class. Participant-to-coach ratio is 10:1. Every child will receive a KLS jersey. No class 11/26.

Age: 5Y-6Y Fee: \$80 / RD \$76 Classes: 6
18047 Sept 17-Oct 22 4:45pm-5:30pm Thur
 Green House Field Instructor: Kidz Love Soccer, PNW
18049 Nov 5-Dec 17 6:15pm-7:00pm Thur
 Cedarhurst Elem. Gym Instructor: Kidz Love Soccer, PNW

Soccer 2: Skillz and Scrimmages

Kidz 7-10 years of age will enjoy advanced skill building: dribbling, passing and shooting in a team play format. In each class, we will play games to build individual skills and small-sided scrimmages that emphasize application of finer technical points. This is the perfect bridge from our Soccer 1 class for those who are aspiring to the next level. All levels of skill are welcome to learn and enjoy the world's most popular sport! Each participant will receive a soccer jersey. Shin guards are required. No class 11/26.

Age: 7Y-10Y Fee: \$80 / RD \$76 Classes: 6
18048 Sept 17-Oct 22 5:30pm-6:15pm Thur
 Green House Field Instructor: Kidz Love Soccer, PNW
18050 Nov 5-Dec 17 7:00pm-7:45pm Thur
 Cedarhurst Elem. Gym Instructor: Kidz Love Soccer, PNW

Burien Area Youth Sports

Baseball & Softball

PAC WEST LITTLE LEAGUE
 Ages: 4-18 yrs • March-June and Fall
www.pacwestlittleleague.com • 206.243.9229

TEE-BALL AND COACH PITCH LEAGUES

Des Moines Parks and Recreation
 Ages: 3-5 yrs for Tee-Ball;
 6-8 yrs for Coach Pitch • January-May
www.desmoineswa.gov • 206.870.6527

Basketball

YOUTH BASKETBALL LEAGUES
 Des Moines Parks and Recreation
 Grades: 5-6 boys; 7-8 boys and (separate) girls; 9-10 boys • December-February
www.desmoineswa.gov • 206.870.6527

Full Teen Hoops

SOUTHWEST BOYS & GIRLS CLUB
 Grades: 7-12 • Spring
 Register as a player or a team
www.sw.positiveplace.org • 206.436.1910

Football & Cheerleading

BURIEN BEARCATS
 Ages: 7-14 yrs • Spring
www.burienbearcats.org • 206.824.4018

PUGET SOUND LANCERS

Grades: 1st-8th, Kindergarteners can play if they play up with 1st & 2nd graders • Aug-Nov
www.leaguelineup.com/pugetsoundlancers/
 253.777.5243

Lacrosse

SOUTHWEST TITAN LACROSSE CLUB
 Grades: 3-6 boys; 5-6 girls; 7-8 boys & (separate) girls; 9-12 girls and boys (separate) • March-May
www.swlacrosseclub.org

Soccer for Players with Disabilities

TOPSOCCER
 Ages: For boys/girls age 4 yrs and up and men/women with cognitive and/or physical disabilities.
 Games played at Starfire Sports facility in Tukwila
korrio.com/groups/tukwila-topsoccer

Soccer

HIGHLINE SOCCER CLUB (FORMERLY WEST HIGHLINE SOCCER)
 Ages: 5-18 yrs. 7 to U19 • Sept-late Fall
www.highlinesoccerclub.com

YOUTH SOCCER

Des Moines Parks and Recreation
 Ages: 3-5 yrs co-ed; 6-7 yrs co-ed; 8-9 yrs and 10-11 yrs boys or girls • Spring
www.desmoineswa.gov • 206.870.6527

HIGHLINE SPRING SOCCER CLUB

Ages: 5-12 yrs • Spring
www.highlinesoccerclub.com

HIGHLINE PREMIERE FOOTBALL CLUB

Ages: U8, U9, and U10
 For players looking for higher competitive levels • August-September
www.highlinepremiere.com

TEEN EARLY RELEASE DAY TRIPS

Washington State Fair (Puyallup Fair)

Whether it's rides, the animals, the hobby hall or the food, there's a lot of things to see and do at the largest event in Washington State!

Grade: 7-12 FREE Classes: 1
18189 Sept 18 1:30-7:00pm Fri

Vehicle Transportation White Van

Holiday Shopping

Come with us as we do some holiday shopping. Bring money for gifts.

Grade: 7-12 FREE Classes: 1
18190 Dec 4 1:30-6:00pm Fri

Vehicle Transportation White Van

ART

Teen Wheel

Join your friends in squishing and wedging the clay and having fun learning the basics of throwing on the potter's wheel. We'll work on wedging, centering, pulling a cylinder, trimming and glazing. You may also add birds or small animal sculptures to enhance your wheel-thrown creations. Sign up with a friend! Returning students welcome. All supplies are included.

Age: 11Y-17Y Fee: \$104 / RD \$99 Classes: 7
17982 Oct 5-Nov 16 4:30pm-6:00pm Mon

MAC Throwing Room Instructor: Janet Crawley



TEEN

AFTER-SCHOOL PROGRAM



The teen after-school program is moving to

Sylvester Middle School

For 7th & 8th Grade Sylvester Students

Tuesday-Thursday 2:45-6:00pm

Fridays 1:15-6:00pm



Activities Include:

Fitness
Healthy Snacks
Recreation Activities

For details contact:

amandam@burienwa.gov
or call 206 988-3711

TEEN LATE NIGHT

FRIDAY NIGHT

8pm-11pm

Grades: 7th-12th
Highline High School
225 S 152nd St

Join us on Friday nights for games, basketball, Wii, arts & crafts, food and so much more!

★ Must show school ID ★

Specialized Recreation

Participants must provide their own transportation and attendant if necessary.



JUST FOR FUN

LOL: Just For Fun

What makes YOU Laugh Out Loud? Let's find out. Pass a clap, kick a ball, float a parachute, tell a joke, juggle scarves, make funny faces, play games... what we come up with is EVERYBODY'S guess. We are full of surprises!

Age: 12Y and up Fee: \$37 / RD \$35 Classes: 5
18017 Sept 15–Oct 13 1:30pm–3:00pm Tue
18018 Oct 20–Nov 17 1:30pm–3:00pm Tue
 BCC Lakeview Room Instructor: Shariana Mundi

ART

Art Escape

A great class for beginners and experienced artists with disABILITIES. Explore the basic building blocks of art through paint, clay, collage and more! Using both two and three dimensional media we will explore line, form, color, shape and texture. All supplies provided. No class 11/11 & 12/2.

Age: 10Y and up Fee: \$63 / RD \$60 Classes: 6
18011 Sept 16–Oct 21 10:00am–12:00pm Wed
18013 Oct 28–Dec 16 10:00am–12:00pm Wed
 MAC Multipurpose Room Instructor: Shariana Mundi

Rhythm & Rhyme

Come play with us as we dance, move, sing chant, rattle and roll. This class is designed to specifically target people with alter-, different-, untapped-, and dis-ABILITIES. We'll rock the house! No class 11/11 & 12/2.

Age: 10Y and up Fee: \$42 / RD \$39 Classes: 6
18012 Sept 16–Oct 21 1:30pm–3:00pm Wed
18014 Oct 28–Dec 16 1:30pm–3:00pm Wed
 MAC Multipurpose Room Instructor: Shariana Mundi

Studio Art

At last, a great open studio class for students with disABILITIES. Come and work on your own art ideas with mentoring and coaching to help further develop your skills and your portfolio. Create personalized framing and complete projects for exhibitions and juried show. Instructor approval needed. Please bring a lunch. All supplies provided. No class 11/26 & 12/3.

Age: 12Y and up Fee: \$116 / RD \$110 Classes: 6
18015 Sept 17–Oct 22 10:00am–1:00pm Thur
18016 Oct 29–Dec 17 10:00am–1:00pm Thur
 MAC Multipurpose Room Instructor: Shariana Mundi



PLAY & LEARN

DROP-IN PLAY TIME for parents, families and children ages 6 months to 5 years. A great way to meet other families with young children.

Age: 6 months – 5 years • Free • Tuesdays, 10:00am–11:30am



CHILDREN'S THERAPY CENTER
Celebrate what is. Commit to what can be.
SKIP Early Intervention

SKIP Early Intervention
127 SW 156th St, Burien
253.216.0720



Participant Info

Inclusion As with all programs Burien Parks, Recreation and Cultural Services provides, Special Recreation programs are inclusive for anyone interested in participating in these classes.

Behavior Policy In order to provide a successful experience for all participants, please note the following:

Participants must be able to function in a group environment with limited supervision.

- If closer supervision is needed, a caregiver or chaperone is welcome to accompany the participant at no cost. If there is an admission fee into a venue, caregiver/chaperone would need to pay the admission cost.
- Unacceptable behaviors include but aren't limited to self abuse, physical or verbal abuse towards others, violent behaviors, profanity, and constant unwillingness to participate in activities.
- Non compliance may result in requirement of caregiver accompaniment or possible dismissal from activities.

Attendant Staffing

(1:1, Aides, Chaperones, Care Providers)

Burien Parks staff provides leadership for our programs and staff ratios will depend on individual programs. We cannot provide attendant care, such as assistance using restrooms, personal transfers, eating, or dispensing medications. A participant's own attendant may accompany him/her if this type of assistance is needed.

Social Clubs Young Adult Nights Out

Come join local young adults from Burien, Des Moines, Tukwila, and SeaTac for an evening of fun, food, games, and friends. Must provide own transportation.

No registration is required.

Ages: 13–25 years • 5:00–7:00pm • \$6.00

Sept 11
Potluck Picnic
Angle Lake
19408 Internl Blvd
SeaTac

Oct 9
Bowling
Hi-Line Lanes
15733 Ambaum Blvd
Burien

Nov 13
Game Night
Tukwila Comm.
Center
12424 42nd Ave S

Dec 11
Bowling
Hi-Line Lanes
15733 Ambaum Blvd
Burien

TOPSoccer

The Outreach Program for Soccer (TOPSoccer) is a community-based soccer program for boys and girls and men and women, aged 4 years and older, who have a cognitive and/or physical disability. The program is based on skill level, not age, and participants include players, coaches, and buddy-volunteers who are paired with each player to assist with the game. TOPSoccer creates an environment where all participants make lasting memories and simply have fun with the game! Games played at Starfire Sports facility in Tukwila.

korrio.com/groups/tukwila-topsoccer/

Free Transportation

Burien HYDE Shuttle Bus:

Available weekdays for personal trips to doctor, shopping, and other errands.
206.727.6262

Metro Bus Access: A shared-ride van transportation service for seniors or disabled individuals who are unable to ride regular Metro buses.
206.205.5001 or 206.689.3113

Volunteer Opportunities:

Looking for volunteers to help with the Social Clubs. If you are interested contact Amanda Morales at amandam@burienwa.gov or 206.988.3711

Adult Art



ART

Knitting 101

Knitting is as new today as it is historic; almost every culture knits. In this relaxed class for beginners, learn to cast on, knit, purl, combine stitches and bind off. Students will be knitting a scarf before they know it! There is a supply list for this class, please call for list. No class 10/17.

Age: 15Y and up Fee: \$72 / RD \$68 Classes: 6
17979 Oct 3–Nov 14 10:30am–12:30pm Sat
 MAC Multipurpose Room Instructor: Barbara Kerr

Learn to Crochet

Let's explore the possibilities of crocheting! Learn chain, single, half-double and double crochet stitch. Learn how to read a pattern both written and charted. Learn unique stitch patterns that can be used for a scarf, shawl or blanket. So many tricks and tips will be covered. Left-handers welcome. There is a supply list for this class, please call for list. No class 10/17.

Age: 15Y and up Fee: \$72 / RD \$68 Classes: 6
17980 Oct 3–Nov 14 1:00pm–3:00pm Sat
 MAC Multipurpose Room Instructor: Barbara Kerr

Acrylic Painting Studio: Beginning to Advanced

Learn how to work with acrylics, 'the most adaptable art material of the modern age!' This class will cover a range of acrylic techniques, tools and additives with creative assignments to get the juices flowing. This course is accessible for beginners and still challenging for continuing and advanced students. A fun atmosphere designed to broaden your uses for and understanding of acrylic painting. Basic supplies will be provided.

Age: 15Y and up Fee: \$150 / RD \$144 Classes: 8
17976 Sept 28–Nov 16 6:00pm–8:30pm Mon
 MAC Multipurpose Room Instructor: Chris Crites

Introduction to Graphite Drawing Workshop

NEW Use winter wildlife as your inspiration in this introductory drawing class! Basic graphite drawing techniques, tools and terminology will be introduced. Contour line and value will be practiced as students work with wildlife photographs to create drawings in this 2 hour workshop. This class is perfect for beginning artists or artists who want a refresher course in Graphite Drawing. All supplies provided.

Age: 15Y and up Fee: \$35 / RD \$33 Classes: 1
17977 Nov 23 6:00pm–8:00pm Mon
 MAC Multipurpose Room Instructor: Marina Megale

Introduction to Ink Drawing Workshop

NEW Let's explore ink drawing with a Day of the Dead twist! Learn basic ink drawing techniques, tools and terminology. Stipple, Hatch, Crosshatch and Scumbling will be practiced as students draw a Day of the Dead still life during this 2 hour introductory workshop. This class will provide students with an opportunity to begin an artistic journey with ink. All supplies provided.

Age: 15Y and up Fee: \$35 / RD \$33 Classes: 1
18051 Oct 17 10:30am–12:30pm Sat
 MAC Multipurpose Room Instructor: Marina Megale

SCHOLARSHIPS AVAILABLE

Scholarships are available.
 Please call 206.988.3700 for more information.

CERAMICS



Master Artist Workshop

Clay Coil Illustration

with Ann Marie Cooper

NEW Shake out your hands and get ready to coil! Ann Marie Cooper will show you how to create imagery in clay by hand-rolling coils and 'drawing'—in reverse! In the morning, Ann Marie will demonstrate her method and then turn you loose to create 2-3 pieces of your own, that can be used as wall hangings, trivets and more! All supplies provided. Please bring a lunch.

Age: 15Y and up Fee: \$93 / RD \$89 Classes: 1
18009 Oct 17 10:00am–4:00pm Sat

MAC Throwing Room Instr: Ann Marie Cooper

Bio: Ann Marie lives in Bellingham, Washington, where her life was taken over by clay 6 years ago. Since then she's become a working artist, taught several workshops, co-founded Whatcom Artists of Clay and Kiln (WACK), and is an active member of the Washington Clay Arts Association.



Mold Making for Clay

NEW Doubles and duplicates, let's use plaster! This 4 week course will introduce students to working with plaster and making molds for use in ceramics. We will cover simple press molds for ceramic tiles and sprigging as well as multiple part molds that can be used to create pieces on the potter's wheel. Clay experience recommended.

Age: 15Y and up Fee: \$69 / RD \$65 Classes: 4
18010 Oct 10–31 3:30pm–5:00pm Sat

MAC Handbuilding Room Instructor: John Taylor

Beginning to Advanced Ceramics


A relaxed class environment where students of all skill levels can delve into handbuilding or throwing on the potters wheel. Class will offer individual attention for beginning students and demonstrations for more advanced students. Fee includes glazes and firing.

Age: 15Y and up Fee: \$274 / RD \$262 Classes: 12
17971 Sept 14–Nov 30 9:30am–12:00pm Mon

MAC Throwing Room Instructor: George Rodriguez



Clay Class Information:

1. Class and Studio Only fees include firing fees. Please remember that MAC does not have the space to allow for production pottery. Extra firing fees will be assessed if kiln space is being overused.
2. Students are responsible for purchasing their own clay and tools unless otherwise noted.
3. Orders for supplies will be taken at the first class and must be accompanied by a check. Some clay also available for purchase at Moshier.
4. Open Studio: students enrolling in classes marked by a  are encouraged to use MAC's free open studio times. These times can be used while the class you are enrolled in is in session. Mondays: 12–3:30pm, Tuesdays: 12–3:30pm, Wednesdays: 9:30am–9pm, Saturdays: 10am–3:00pm.

Beginning to Intermediate Pottery Wheel

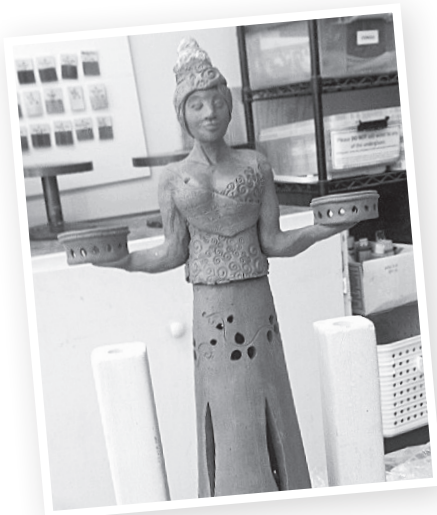
This class is for people new to wheel throwing and those who have learned the basics and want to further develop their work. Fundamentals of centering, throwing, trimming and glazing will be covered in this course. For those with more experience, we will explore altered forms and textured surfaces. Fee includes glazes and firing.

Age: 15Y and up Fee: \$251 / RD \$240 Classes: 11
17975 Sept 10–Nov 19 6:30pm–9:00pm Thur

MAC Throwing Room Instructor: John Taylor



CERAMICS



Beginning to Advanced Handbuilding

Learn handbuilding construction techniques such as coil and slab methods as well as experiment with surface design and using the potters wheel. For all experience levels. Fee includes glazes and firing. No class 11/11.

Age: 15Y and up Fee: \$251 / RD \$240 Classes: 11
17969 Sept 9–Nov 25 6:30pm–9:00pm Wed
 MAC Handbuilding Room Instructor: Hunter McGee

Pottery Wheel: Monday PM

This class is for students who have learned the fundamentals of throwing. Work with the instructor to increase your skill level in throwing, as well as learn more about glazing and firing. It is recommended that students take Beginning Pottery Wheel before signing up for this class. Fee includes glazes and firing.

Age: 15Y and up Fee: \$274 / RD \$262 Classes: 12
17970 Sept 14–Nov 30 6:30pm–9:00pm Mon
 MAC Throwing Room Instructor: Victoria Hamilton

Pottery Wheel: Tuesday AM

This class is for students who have learned the fundamentals of throwing. Work with the instructor to increase your skill level in throwing, as well as learn more about glazing and firing. It is recommended that students take Beginning Pottery Wheel before signing up for this class. Fee includes glazes and firing.

Age: 15Y and up Fee: \$274 / RD \$262 Classes: 12
17973 Sept 8–Nov 24 9:30am–12:00pm Tue
 MAC Throwing Room Instructor: Drew Nicklas

Clay: On and Off the Wheel

Give your wheel thrown pieces a little personality! Learn altering techniques, new forms both on and off the wheel and improve craftsmanship through demonstrations and one-on-one guidance. A variety of surface options such as slips, terra sigillatas, and textures will be covered. For all experience levels. Fee includes glazes and firing.

Age: 15Y and up Fee: \$274 / RD \$262 Classes: 12
17972 Sept 8–Nov 24 6:30pm–9:00pm Tue
 MAC Throwing Room Instructor: Lauren Laughlin



Introduction to Clay Jewelry

Reward yourself with one-of-a-kind clay jewelry pieces. Create beautiful, wearable art pendants and earrings while learning various methods of bead making. Create wire findings and cane beads of colored clay and experiment with textures, stains, cold finishes and glazes. Clay and basic jewelry supplies will be provided.

Age: 15Y and up Fee: \$205 / RD \$196 Classes: 9
17974 Sept 24–Nov 19 9:30am–12:00pm Thur
 MAC Handbuilding Room Instructor: Janet Crawley

Clay For Seniors

NEW Sponsored by Seniors Creating Art, this free class for seniors will introduce students to several methods of handbuilding, pinching, coiling and rolling slabs to make bowls, vases, cups and more. No experience required. All supplies provided. NO OPEN STUDIO TIME with this class. Work must be made in class to be fired at the studio.

Age: 55Y and up FREE Classes: 8
18022 Sept 15–Nov 3 9:30am–11:30am Tue
 MAC Handbuilding Room Instructor: Shari Kaufman



COMPUTERS 50+

Advanced Computers

For users who are comfortable with daily computer use but want to know more about the technical aspects to keep their computer up to date and in shape. The focus will be on understanding Windows Task Manager, uninstalling software that you no longer use or need and making sure your computer security is up to date. Bring your laptop, if you have one.

Age: 50Y and up	Fee: \$35 / MD \$26	Classes: 1
18100 Oct 2	9:30am–12:00pm	Fri
18111 Dec 4	9:30am–12:00pm	Fri
BCC Chelsea Room	Instructor: John McLaughlin	

Computers 101

From turning the computer on and off, to learning the difference between hardware and software and how to install each. We will focus on making the vocabulary of the PC (Personal Computer) understandable, and learning how to be comfortable interfacing with the computer through customization of everything about its look and feel. Bring your laptop, if you have one.

Age: 50Y and up	Fee: \$35 / MD \$26	Classes: 1
18101 Sept 18	9:30am–12:00pm	Fri
18102 Nov 6	9:30am–12:00pm	Fri
BCC Chelsea Room	Instructor: John McLaughlin	

Digital Photos: Your Camera & Computer

Bring your digital camera and cable and we will explain all of those buttons and symbols and how they can help you take better photos. Then we will break down how to upload them to the computer, quickly edit them, and publish them to the internet or email them to your family. Bring your digital camera, cables and laptop, if you have them.

Age: 50Y and up	Fee: \$35 / MD \$26	Classes: 1
18103 Oct 16	9:30am–12:30pm	Fri
18104 Dec 11	9:30am–12:30pm	Fri
BCC Chelsea Room	Instructor: John McLaughlin	

SCHOLARSHIPS AVAILABLE

Scholarships are available.
Please call 206.988.3700 for more information.



Digital Photo Editing

This will be an in-depth look at using the photo editing software Picasa which is available as a free download from Google. Topics range from downloading and scanning photos, to understanding the built-in editing tools, to turning your photos into something more artistic such as collages or video slide shows. Digital Photography is recommended as a prerequisite.

Age: 50Y and up	Fee: \$35 / MD \$26	Classes: 1
18105 Oct 23	9:30am–12:30pm	Fri
BCC Chelsea Room	Instructor: John McLaughlin	

Intermediate Computers

We will pick up where Computer Basics left off. However, if you feel comfortable using a computer but want to learn some tips and tricks, this class will help you become more familiar with features of the computer that make everyday tasks easier. Bring your laptop, if you have one.

Age: 50Y and up	Fee: \$35 / MD \$26	Classes: 1
18107 Sept 25	9:30am–12:00pm	Fri
18112 Nov 20	9:30am–12:00pm	Fri
BCC Chelsea Room	Instructor: John McLaughlin	

Smart Device: Phones & Tablets

Don't feel outsmarted by your smart device. Bring your phone or tablet to the computer lab and learn the gestures that will put you in control. Also learn about several applications (apps) that will help you get the best from your device.

Age: 50Y and up	Fee: \$35 / MD \$26	Classes: 1
18108 Oct 9	9:30am–12:00pm	Fri
18109 Nov 13	9:30am–12:00pm	Fri
BCC Chelsea Room	Instructor: John McLaughlin	

DANCE

Ballroom Dances Friday afternoons, see page 28

Beginning Ballroom Dance

Everyone's wild for Ballroom Dance! You'll learn enough Foxtrot, Waltz, Tango, Swing and Cha Cha to dance the night away. Perfect for beginners! This is a couples class; fee is per person.

Age: 16Y and up	Fee: \$72 / RD \$66	Classes: 6
18052 Sept 22–Oct 27	6:00pm–7:00pm	Tue
18053 Nov 10–Dec 15	6:00pm–7:00pm	Tue
BCC Seahurst Banquet Hall	Instructor: Jacob Matthew	

Advanced Ballroom Dance

This class is for those who have mastered previous classes and would like more advanced steps and good technique for movement skills. Builds on skills learned in earlier levels adding more detailed lead/follow instruction and style. Teachers permission is required for this class.

Age: 16Y and up	Fee: \$72 / RD \$66	Classes: 6
18057 Sept 22–Oct 27	7:00pm–8:00pm	Tue
18056 Nov 10–Dec 15	7:00pm–8:00pm	Tue
BCC Seahurst Banquet Hall	Instructor: Jacob Matthew	

**RECEIVE A
\$10.00 DISCOUNT
ON ANY DANCE
OR FITNESS CLASS!
(for those 50+)**

This coupon is good for ANY dance or fitness class for participants who are 50 years or older and are new to that class or haven't participated in a dance or fitness class in the last 3 months.

SHAPE UP! 50+

GENERAL INTEREST

SELF DEFENSE

Self-Defense for Women

In this short introductory class you'll learn the most important lesson: that you do have choices. In just 2 hours you'll learn about real risks, assailant tricks, crucial targets, and how to create an impact. You will practice using your voice as well as your hands and feet (and elbows and knees). Athletic prowess not required, but the desire to emPOWER yourself is! Great class to take with a friend or two. Girls 14-17 must be registered with a parent.

Age: 14Y and up Fee: \$47 / RD \$41 Classes: 1
18116 Oct 10 10:00am–12:00pm Sat
 BCC Manhattan Room Instructor: Joanne Factor

Senior Self Defense

Finally you have more time for classes, fun events, and travel—but are you now concerned that you'll be seen as an easier target? Maintain your independence by learning a few tips, tricks, and skills to keep at bay those who may mean you harm. You will learn to recognize when someone is looking at you like a victim, how to evade and thwart their dastardly plans, and a few simple yet highly effective physical moves to surprise and stun your attacker. Athletic prowess not required! EmPOWERment has never been more fun! This is a great class to take with your friends and is structured for both men and women.

Age: 50Y and up Fee: \$47 / RD \$41 Classes: 1
18117 Oct 8 10:00am–12:00pm Thur
 BCC Manhattan Room Instructor: Joanne Factor



Backyard Birding

Have you ever wondered what types of birds are in your backyard? Have you wondered about which birds migrate, and which are permanent residents? Did you know that we have five species of woodpeckers in this area? Learn how to identify common backyard birds and their habits. Learn how to make your yard "Bird Friendly". Learn how Climate Change is a growing threat to many birds, and what you can do about it. No previous knowledge or experience is necessary. Hosted by Rainier Audubon Society (RainierAudubon.org).

All Ages \$40 / RD \$35 Classes: 1
18167 Oct 28 6:00pm–7:00pm Wed
 BCC Shorewood Room Instructor: Dan Streiffert

Winter Garden Transitions: Soil Testing & Plant Protection

Supplement your groceries and reduce your bills with a wonderful garden and learn how to transition to fall and winter. Special emphasis on building and protection for the winter, cover crops and what they do for the soil, adding compost, soil testing and cloches for winter plant protection. On site in the Burien Community Garden; hands on with a Garden Hotline educator from Seattle Tilth.

Age: 16Y and up Fee: \$12 / RD \$10 Classes: 2
18130 Sept 12–19 10:00am–12:00pm Sat
 Green House Comm. Garden Instructor: Seattle Tilth

Discover Thai Series



Discover Thai: Part I

NEW Gain a deeper understanding of Thai culture with this exceptional class. Learn more about the culture and customs, how to communicate with the locals naturally, and more about their delicious cooking. Not just for travelers.

Age: 15Y and up Fee: \$158 / RD \$150 Classes: 8
18170 Sept 8–Oct 27 6:00pm–7:00pm Tue
 BCC Chelsea Room Instructor: Poth Kanokkaew

Discover Thai: Part II

NEW Cultivate a working knowledge of the Thai language, cooking, and dance and develop a cultural 'intuition' that is meaningful and functional for a successful experience with Thai people here or in Thailand. Not just for travelers.

Age: 15Y and up Fee: \$158 / RD \$150 Classes: 8
18171 Nov 3–Dec 22 6:00pm–7:00pm Tue
 BCC Chelsea Room Instructor: Poth Kanokkaew

Tasty Thai Field Trip

NEW Get out and about and receive detailed information on the Thai culture. By visiting ethnic markets, restaurants, and grocery stores in the local area you will learn where you can find ingredients for Thai cooking, how to make quick and easy Thai food and enjoy a nice meal,

Age: 15Y and up Fee: \$40 / RD \$35 Classes: 1
18172 Nov 1 4:00pm–8:00pm Sun
 BCC Chelsea Room Instructor: Poth Kanokkaew

GENERAL INTEREST

Innovative Stitches

Get together with other local fiber arts enthusiasts to share your love of all things stitched; needlework, beading, quilting and more! You may work independently or collaborate with others on a project. Bring your creativity and supplies and be prepared to make close-knit bonds with others. All skill levels are welcome. No class 11/11.

Age: 18Y and up Fee: \$16 / RD \$14 Classes: 7
 18134 Sept 9–Oct 21 10:00am–12:00pm Wed
 18135 Oct 28–Dec 16 10:00am–12:00pm Wed
 BCC Shorewood Room

Introduction to Voice/Speech & Acting

NEW Would you like a voice that communicates your thoughts and feelings freely, clearly and easily? Our voice is an amazing instrument and through it, we are able to communicate a whole range of thoughts, feelings and ideas. The aim of this course is to achieve a balance between emotional freedom and a practical discipline in order to speak and act clearly and audibly—all while having fun!

16Y and up \$122 / RD \$117 Classes: 8
 18198 Oct 27–Dec 15 5:00pm–8:00pm Tue
 BCC Manhattan Room Instructor: Patrick Phillips

MEET THE INSTRUCTOR:

Patrick Phillips is an actor, singer and graduate of Australia's The National Institute of Dramatic Art. He has innumerable film, TV and theatre credits to his name. He has also wrote and produced shows.



He was invited to sing by Barbara Cook as a guest artist in The Barbara Cook Masterclass (Melbourne Concert Hall) and subsequently trained with her privately in New York. Patrick currently commutes from the USA to Sydney. He has just finished a sell-out run of the hit comedy, The Foreigner in Seattle.

GENERAL INTEREST 50+



Current Events & Local Issues

Join lively discussions with your peers. Topics include world, national and local events. Voice your opinions on the world of politics, finances, religion and many more subjects.

Age: 50Y and up Fee: \$64 / MD \$55 Classes: 10
 18024 Sept 17–Nov 19 1:00pm–3:00pm Thur

BCC Shorewood Room Instructor: Don Custer

AARP Foundation Finances 50+

NEW The AARP Foundation Finances 50+ is a financial capability program designed to motivate and empower participants to take charge of their financial future. The program assists individuals to make objective assessments, set appropriate goals, and establish habits and behavior that will help them thrive. Topics include goal setting, budget planning, debt reduction, credit repair, asset building and asset protection. Workbooks will be provided.

Age: 50Y and up FREE Classes: 3
 18113 Oct 8–22 6:00pm–7:30pm Thur

BCC Shorewood Room Instructor: Barbara Sando

AARP Smart Driver Course

AARP offers a two-day Safe Driver Course. You may be able to get a deduction from your insurance company, if you complete this course. Fee is \$2 at the time of registration and \$15 for AARP members/\$20 for non-members to be paid in class.

Age: 50Y and up Fee: \$2 Classes: 2
 18023 Nov 17–18 12:30pm–4:30pm Tue–Wed

BCC Eagle Landing Room Instructor: Richard Silva

Texas Hold'Em Poker

NEW Ever wish you could play Texas Hold'Em poker but don't know how to get started or don't want to spend a lot of money to learn? This course teaches the basic rules and strategies that will enable anyone to sit down at their home game, online, or in a casino and enjoy this exciting pastime. In this class you will learn by playing tournament style poker in a relaxed atmosphere for at least half of every class.

Age: 50Y and up Fee: \$2 / MD \$1 Classes: 1
 18121 Sept 17 12:00pm–3:30pm Thur
 18122 Oct 15 12:00pm–3:30pm Thur
 18123 Nov 19 12:00pm–3:30pm Thur
 18124 Dec 17 12:00pm–3:30pm Thur

BCC Eagle Landing Room Instructor: Val Stahl

Senior Art History: Art & Culture of China

Join us as we study the growth of Chinese civilization's primal traditions of philosophy, sculpture, painting and ceramics which develop to such a level of original beauty that it influences all of East Asia while it stimulates a response in the national traditions of its neighbors. There will be a museum trip.

Age: 50Y and up Fee: \$68 / MD \$59 Classes: 7
 17967 Sept 17–Oct 29 9:30am–12:00pm Thur

BCC Shorewood Room Instructor: Elizabeth Rodgers

Writers Workshop

Whether your goal is to write your family history or the 'great American novel', a beginner or published author, you'll expand your horizons and hone your communication skills with the encouragement of this friendly, supportive group. Join the fun!

Age: 50Y and up Fee: \$39 / MD \$30 Classes: 10
 18025 Sept 18–Nov 20 10:00am–12:00pm Fri

BCC Shorewood Room Instructor: Sallie Tierney

LIBRARY LECTURES



Improving Your Life through Meditation

Friday, September 25, 11:00am
Burien Library

Meditation can bring about a sense of calm and balance that benefits your emotional, physical and spiritual well-being. It is easy to learn and can have many lasting and beneficial effects. After you meditate the benefits don't end when your session ends. Join William Smith, retired Army Lt. Colonel and long-time meditator for this enjoyable and informative workshop.

Meditation for Dealing with Holiday Stress

Wednesday, December 2, 7:00pm
Burien Library

The scientific community has recently been exploring the use of meditation as a healing modality. Join Ajili Hodari, Esq long time mediator as he discusses the extraordinary effect of meditation. It can reduce stress-related responses, improve concentration, enhance clarity of thought and mental equilibrium. He will also present a simple, yet powerful meditation technique that can enrich one's life personally, professionally, spiritually and help with seasonal stress. Join Ajili at this holiday season for this engaging lecture.

Humanity's Future in Space

Tuesday, November 17, 7:00pm
Burien Library

NASA and other government programs used to have sole domain over space exploration. A new generation of private companies are now leading the way with innovative ideas to revolutionize our future in space. From orbiting space hotels, trips to Mars, to mining asteroids, ideas that were once science fiction are now closer to reality. Come hear about what's happening in space right now, from SpaceX to NASA, including what's happening in Seattle.



FREE CPR CLASSES

- Curriculum is American Heart Association "Friends and Family CPR"
- Covers adult, child and infant CPR, choking and AED use
- Taught by AHA Certified Burien Firefighters

Note: This class is NOT for those needing a healthcare provider certification (BLS for HCP).

Burien-Normandy Park Fire Department

15100 8th Ave SW Burien

Pre-registration required

206.242.2040

CPR-info@burienfire.org

WELLNESS 50+

Engage the Brain

Have fun and engage the brain at the same time! In this 4-week course we will play games and do some enjoyable exercises that will improve and maintain your memory ability.

Age: 50Y and up FREE Classes: 4

18133 Oct 6-27 10:00am-11:00am Tue

BCC Eagle Landing Room Instructor: Meagan Schmieder

NEW



FREE DROP-IN BLOOD PRESSURE TESTING

Mondays, Wednesdays & Thursdays, 9am – 4pm

- No pre-registration necessary
- Available at Fire Station 15100 8th Ave SW Burien

ADULT DROP-IN VOLLEYBALL

MONDAYS & WEDNESDAYS

Scrimmage games 6:30–9pm
Starts September 14th

Hazel Valley Elementary School Gym
402 SW 132nd St., Burien, 98146
(west-side, down stairs)

Follows Highline School District schedule

- > \$4 fee each night
- > Must sign in on hold harmless sheet
- > For players ages 16 and up, no minor children allowed in facility due to risk and liability
- > Have fun, meet people
- > RECREATIONAL LEVEL PLAY ONLY (Unsafe play, foul language & not playing as a team will be warned, then asked to leave)

Call 206.988.3700 to verify play

MEN'S DROP-IN BASKETBALL

TUESDAY NIGHTS

6:30–9:00pm • Starting Sept. 15th

Sylvester Middle School Gym
16222 Sylvester Road
(Use gym entrance on backside of the school at the north end.)

Follows Highline School District schedule

- > \$4 per night
- > Ages 16 years and up
- > Use gym entrance on backside of the school at the north end

Call 206.988.3700 to verify gym availability

★ TRY SOMETHING NEW! ★ FREE FITNESS TRIAL WEEK SEPTEMBER 14-19

Classes held: **BURIEN COMMUNITY CENTER, 14700 6th Ave SW**
or **LAKE BURIEN PARK, 14640 18th Ave SW**

No need to register, just show up, take one or all of the classes offered, and see what fitness is all about in Burien!

Monday, September 14

Stroller Strides	9:30am	Lake Burien Park
Boot Camp	7:00pm	Lakeview Room

Tuesday, September 15

Tai Chi for Everybody	10:45am	Lakeview Room
Lunchtime Pilates	12:00pm	Lakeview Room
Chen Tai Chi	6:00pm	Lakeview Room

Wednesday, September 16

Stroller Strides	9:30am	Lake Burien Park
Qigong	10:45am	Lakeview Room
Zumba	5:30pm	Seahurst Room
Gentle Yoga	6:00pm	Hilltop Room

Thursday, September 17

MixedFit	7:00pm	Manhattan Room
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Friday, September 18

Stroller Strides	9:30am	Lake Burien Park
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FREE • SATURDAYS • 9:00am

Burien Town Square Park • Meet by the art sculpture

Grab your running shoes and meet us at the library! Whether you're looking to begin a running routine, maintain a running schedule, or improve your stride this group is for you. Experience the benefits of being part of a supportive group of runners by hitting the streets of Burien for a 60 minute self-paced run each Saturday. This established running group meets at Burien Town Square Park by the art sculpture.

No need to register, just show up Saturdays at 9:00am ready to go!

Adult Fitness

CARDIO

Boot Camp

FIT PASS In Boot Camp no two classes are the same! Each session will be a mix of body weight and free weight exercises that raise your heart rate while also building strength. Worried you can't keep up? All exercises can be modified to fit your individual needs. If you are looking to sweat, burn fat, build muscle, and have fun, then Boot Camp is the place to be!

Age: 16Y and up Fee: \$59 / RD \$54 Classes: 6
 18162 Sept 21–Oct 26 7:00pm–8:00pm Mon
 18163 Nov 9–Dec 14 7:00pm–8:00pm Mon
 BCC Lakeview Room Instructor: Robin Martin

Early Bird Fitness

Guarantee yourself a regular work-out by scheduling it into your day BEFORE work or daily responsibilities begin! A terrific opportunity to improve flexibility, muscle tone, circulation and endurance. No class 11/11 & 11/27.

Age: 16Y and up Fee: \$67 / RD \$61 Classes: 18
 18058 Sept 21–Oct 30 6:00am–7:00am M, W, F
 18059 Nov 9–Dec 18 6:00am–7:00am M, W, F
 BCC Seahurst Banquet Hall Instructor: Pam Odegard

Stroller Strides

STROLLER STRIDES Stroller Strides® is a stroller-based fitness program designed for moms with little ones. Each 60-minute, total body workout incorporates power walking, strength, toning, songs and activities. Certified fitness instructors offer a variety of fun class formats both indoors and outdoors. All locations also offer a free Plum Moms Club so moms can form lasting friendships with other moms through organized playdates, moms' nights out, and activities for the whole family. No class 11/11 & 11/27.

Age: 18Y and up Fee: \$55 Monthly
 (See below) 9:30am–10:30am Mon, Wed, Fri

September Classes: Lake Burien Park

October–December Classes: Lakeview Room at BCC
 Instructor: Stroller Strides

Registration and schedule can be found at
fit4mom-seking.frontdeskHQ.com
 or just drop in and pay before class starts.



CARDIO

MixedFit®

FIT PASS NEW MixedFit® is a people inspired dance fitness program that is a perfect mix of explosive dance moves and boot camp toning. We dance to music that you would hear on the radio or in the club. Our moves are easy to follow, repetitive, and explosive allowing students of all fitness levels to maximize their workout all while having fun.

Age: 14Y and up Fee: \$37 / RD \$33 Classes: 6
 18098 Sept 24–Oct 29 7:00pm–8:00pm Thur
 18099 Nov 12–Dec 17 7:00pm–8:00pm Thur
 BCC Manhattan Room Instructor: Wendy Naiman

Zumba

FIT PASS Join the Zumba craze, with its fusion of Latin and international inspired music and dance moves that create an exciting and effective aerobic/fitness workout. Whether you know how to dance or not, Zumba will keep you coming back for more. No class 11/11.

Age: 16Y and up Fee: \$52 / RD \$48 Classes: 7
 18092 Sept 21–Nov 2 5:30pm–6:30pm Mon
 18093 Nov 9–Dec 21 5:30pm–6:30pm Mon
 Fee: \$47 / RD \$41 Classes: 6
 18094 Sept 23–Oct 28 5:30pm–6:30pm Wed
 18095 Nov 4–Dec 16 5:30pm–6:30pm Wed
 BCC Seahurst Banquet Hall Instr: Anne Marie Littleton

Zumba Gold

FIT PASS Zumba Gold is an easy to follow program that lets you move to the beat at your own speed. It's an invigorating Latin influenced dance fitness class that feels fresh and exhilarating. Benefit from the low-impact moves on a physical and emotional level. This class is designed for the active older adult, the true beginner, people who are not used to exercising, or are limited physically. No class 11/27

Age: 16Y and up Fee: \$47 / RD \$41 Classes: 6
 18096 Sept 25–Oct 30 10:00am–11:00am Fri
 Fee: \$39 / RD \$34 Classes: 5
 18097 Nov 13–Dec 18 10:00am–11:00am Fri
 BCC Manhattan Room Instructor: Cristina Herrera

FIT PASS

Need a workout on the go? Want to mix up your fitness routine?

Look for the **FIT PASS** symbol for class options. Passes must be purchased 10 min. before class. Good for classes that have met minimum registration. Refunds, credits, or discounts do not apply.

DROP-IN FIT PASS: \$13/RD \$10

PILATES

Lunchtime Pilates

FIT PASS Pilates classes consist of circuit style mat work routines designed to develop abdominal core strength, increase all over flexibility, improve muscular endurance and create a mind to body connection that will enhance movement. Classes will complement all sporting & outdoor activities. Hand weights, Magic Circle and wall exercises will also be included. Appropriate for men and women of all fitness levels. No class 11/26.

Age: 16Y and up Fee: \$80 / RD \$73 Classes: 12/11
 18076 Sept 22–Oct 29 12:00pm–12:45pm Tue, Thur
 18077 Nov 10–Dec 17 12:00pm–12:45pm Tue, Thur
 BCC Lakeview Room Instructor: Pam Videen

STRENGTH TRAINING

Kettlebell Foundations

FIT PASS Introducing the ultimate fitness program that increases your endurance, power, strength, and confidence to burn fat fast! Kettlebell utilizes all of your core muscles that are essential for maintaining good health. This class takes the beginning moves and combines them into a challenging workout. All fitness levels welcome. Please bring water & hand towel. No class 11/26 & 11/28.

Age: 16Y and up Fee: \$53 / RD \$49 Classes: 6/5
 18062 Sept 22–Oct 27 7:00pm–8:00pm Tue
 18063 Nov 10–Dec 15 7:00pm–8:00pm Tue
 18064 Sept 24–Oct 29 6:15pm–7:15pm Thur
 18065 Nov 12–Dec 17 6:15pm–7:15pm Thur
 18066 Sept 26–Oct 31 8:15am–9:15am Sat
 18067 Nov 7–Dec 19 8:15am–9:15am Sat
 BCC Lakeview Room Instructor: Clay Fife

SCHOLARSHIPS AVAILABLE

Scholarships are available.
 Please call 206.988.3700 for more information.

SWIM

Aqua Fit

A wonderfully beneficial aerobic workout in the water for adults, seniors and anyone with body ailments. A great way to get an aerobic workout and tone muscles in a non-impact environment. Foam dumbbells and other devices are used to add resistance and intensity. Please advise your instructor if you are not a swimmer. The pool is 4.5 feet deep. Please provide your own towels.

Age: 18Y and up Fee: \$80 / RD \$72 Classes 12
 18126 Sept 15–Oct 22 8:30–9:30am Tue, Thur
 18199 Sept 15–Oct 22 6:00–7:00pm Tue, Thur
 Fee: \$86 / RD \$78 Classes 13
 18127 Oct 27–Dec 10 8:30–9:30am Tue, Thur
 18200 Oct 27–Dec 10 6:00–7:00pm Tue, Thur
 Highline Club Pool Instructor: Highline Athletic Club

Elements Yoga: Land & Water

NEW The Elements Yoga clinic is one part Land and one part Water to create a singularly complete experience. Take full range of movement, and synchronizing breath with action on land with yoga, and in and under the water. No yoga experience required, and water comfort level recommended. Wear comfortable clothes for Land and bring swimsuit and goggles for Water.

Age: 18Y and up Fee: \$55 / RD \$48 Classes: 6
 18201 Sept 14–Oct 19 6:00–7:30pm Mon
 18202 Oct 26–Nov 30 6:00–7:30pm Mon
 Highline Club Pool Instructor: Highline Athletic Club

Underwater Polo

NEW Grab your goggles and swimsuit and we are off to the underwater world of action and fun. Build strength and endurance while keeping score of the goals. The pool is 4.5 feet deep. Please provide your own towels. Swimming skills, snorkel and mask recommended.

Age: 18Y and up Fee: \$23 / RD \$20 Classes: 4
 18203 Sept 19–Oct 10 10:00–11:00am Sat
 18204 Oct 17–Nov 7 10:00–11:00am Sat
 Highline Club Pool Instructor: Highline Athletic Club

TAI CHI

Tai Chi for Everybody

FIT PASS This ancient Chinese Martial Art is a form of exercise that combines movement and meditation. In this class, we will work on basic alignment, relaxation and coordination. Each class begins with a full body joint lubricating longevity exercise set followed by form practice. Relieve stress and have fun, while gaining strength, balance and flexibility.

Age: 16Y and up Fee: \$66 / RD \$60 Monthly
 18036 Sept 1–24 10:45am–11:45am Tue, Thur
 18037 Oct 6–29 10:45am–11:45am Tue, Thur
 18038 Nov 3–24 10:45am–11:45am Tue, Thur
 BCC Lakeview Room Instructor: Viola Brumbaugh

Chen Tai Chi Chuan

Tai Chi is an ancient Chinese martial art practiced by millions every day to improve health and develop self-defense. Chen family Tai Chi is the original form of this art. In this class we will practice Joint Lubrication Qigong, Silk Reeling, and the Chen 18 Essential Forms. Improve balance and flexibility, reduce stress and joint discomfort, develop strength and focus.

Age: 16Y and up Fee: \$137 / RD \$130 Classes: 10
 18039 Oct 6–Dec 8 6:00pm–7:00pm Tue
 BCC Hilltop Room Instructor: Viola Brumbaugh

Spiral Energy Qigong

FIT PASS NEW This special 9-week class will focus on the practice of the form of Qigong designed to spiral, cleanse, and heal the body. The twisting movements of this Qigong stimulate the energetic pathways in your body (meridians) and massage your internal organs while developing a more stable foundation, improving the strength and structure of your legs. No previous experience necessary. No class 11/11 & 11/25.

Age: 16Y and up Fee: \$100 / RD \$95 Classes: 9
 18040 Oct 7–Dec 16 10:45am–11:45am Wed
 BCC Lakeview Room Instructor: Viola Brumbaugh

Adult Fitness



YOGA

Low Impact Chair Yoga

FIT PASS A great class for seniors, adults, and individuals returning from an injury, who want to gain flexibility and balance while stretching, breathing, and practicing relaxation techniques in a safe and comfortable setting. Through modifications and props, you will gain muscular strength, endurance, and flexibility; and increase stamina, lung capacity and overall wellness. For all body types. No class 11/11.

Age: 16Y and up Fee: \$56 / RD \$51 Classes: 6

18070 Sept 21–Oct 26 11:00am–12:15pm Mon

18071 Sept 23–Oct 28 11:00am–12:15pm Wed

18068 Nov 9–Dec 14 11:00am–12:15pm Mon

18069 Nov 4–Dec 16 11:00am–12:15pm Wed

BCC HilltopRoom

Instructor: Janet Crawley

Gentle Yoga

FIT PASS A unique combination of postures and movements to relax your mind. Connect with your body & spirit while you experience this gentle form of yoga. A great class for all levels with emphasis on breath and flow of energy within your body. No class 11/11.

Age: 16Y and up Fee: \$47 / RD \$41 Classes: 6

18060 Sept 23–Oct 28 6:00pm–7:30pm Wed

18061 Nov 4–Dec 16 6:00pm–7:30pm Wed

BCC Hilltop Room

Instructor: Lori Leberer

Yoga Stretch & Strength

FIT PASS Do you want to feel great about yourself? Join us to experience increased health by calming and de-stressing the mind and body as we move into basic yoga postures and breathing practices. We'll stretch, strengthen and learn to release tension and increase flexibility while practicing on a mat. Janet provides options within a posture and encourages each person to participate at their own level.

Age: 16Y and up Fee: \$56 / RD \$51 Classes: 6

18087 Sept 21–Oct 26 9:00am–10:15am Mon

18089 Sept 23–Oct 28 9:00am–10:15am Wed

18088 Nov 9–Dec 14 9:00am–10:15am Mon

18086 Nov 4–Dec 16 9:00am–10:15am Wed

BCC Hilltop Room

Instructor: Janet Crawley

Meditation Practice FREE

NEW Learn how to calm your mind and create an atmosphere of peace and joy as we practice sitting quietly, focusing on the sound of our own breath. Realize many benefits of your meditation: lowering stress, decreasing anxiety, finding more energy. All are welcome no matter if you are a beginner or a practiced meditator. Chairs, mats and blankets are available for sitting. You may attend once a week, on Monday or Wednesday, or choose to come twice a week. Please no late arrivals.

10:15am–10:45am Mondays and Wednesdays

follows Yoga Stretch & Strength classes (above)

BCC HilltopRoom

Instructor: Janet Crawley

**Meditation Workshop
and Lecture, see page 20**

FITNESS 50+

3 R's of Exercise: Retain, Restore, Renew

FIT PASS Exercise and fitness routines specifically designed for seniors: stretching, balance, strength and coordination. Adaptations for those with specific physical problems. This is an easy way to improve your fitness while working out with other seniors.

Age: 50Y and up Fee: \$49 / MD \$40 Classes: 10

18034 Sept 22–Oct 22 9:30am–10:30am Tue, Thur

Fee: \$53 / MD \$44 Classes: 11

18035 Nov 3–Dec 10 9:30am–10:30am Tue, Thur

BCC Hilltop Room

Instructor: Eileen Broomell

Balance Fitness for Fall Prevention

FIT PASS Balance problems are aggravated as you grow older, either due to the natural aging process or some underlying disease. This class will focus entirely on specific exercises for balance. These movements will not only train your muscles to respond to balance cues, but will also increase your confidence in your body's own ability to respond when needed. When exposed to balance exercises regularly, the results have been excellent. Good for those with Parkinson's Disease or other strength/balance concerns.

Age: 50Y and up Fee: \$21 / MD \$12 Classes: 8

17987 Sept 8–Oct 1 10:15am–11:15am Tue, Thur

17988 Oct 6–29 10:15am–11:15am Tue, Thur

Fee: \$19 / MD \$10 Classes: 6

17991 Nov 3–19 10:15am–11:15am Tue, Thur

17993 Dec 1–17 10:15am–11:15am Tue, Thur

BCC Hilltop Room

Instructor: Vivian Bowles

SCHOLARSHIPS AVAILABLE

Scholarships are available.
Please call 206.988.3700 for more information.

FITNESS 50+



Advanced Balance Fitness

FIT PASS Are you ready for the next level of Balance Fitness for Fall Prevention? Continue to strengthen your core muscles and build the sense of balance that is so important as we age. Reduce your risk of falling, while improving your balance, flexibility, strength and confidence through focused exercises.

Age: 50Y and up	Fee: \$21 / MD \$12	Classes: 8
17989 Sept 8–Oct 1	11:30am–12:30pm	Tue, Thur
17990 Oct 6–29	11:30am–12:30pm	Tue, Thur
	Fee: \$19 / MD \$10	Classes: 6
17992 Nov 3–19	11:30am–12:30pm	Tue, Thur
17994 Dec 1–17	11:30am–12:30pm	Tue, Thur
BCC Hilltop Room Instructor: Vivian Bowles		

Sitting Fit

This senior exercise class is performed entirely in the seated position. It will consist of a light warm up, stretching and breathing exercises. Upper and lower body exercises with wrist/ankle weights and/or dumbbells will help strengthen bones and health. A cool down will end the class. The class is taught in an encouraging and supportive environment where everyone goes at his/her own pace during the workout. No class 11/11.

Age: 50Y and up	Fee: \$10	Classes: 28
18007 Sept 21–Nov 25	3:30pm–4:30pm	M, W, F
Burien Park Apts Comm. Room Instructor: Alex Lewis		

Enhance Fitness

FIT PASS A medium level aerobic exercise session, this class includes warm-up, aerobics, weights (provided) and cool-down. We encourage new people to view a class before they register. Call 206-988-3700 if you are a Group Health member, you may be eligible for free classes. No class 9/7, 11/11, 11/27 and 12/25.

Age: 50Y and up	Fee: \$35 / RD \$30	Monthly
17995 Sept 2–30	8:45am–9:45am	W, F, M
17996 Sept 2–30	9:45am–10:45am	W, F, M
17997 Sept 2–30	10:45am–11:45am	W, F, M
17998 Oct 2–30	8:45am–9:45am	F, M, W
17999 Oct 2–30	9:45am–10:45am	F, M, W
18000 Oct 2–30	10:45am–11:45am	F, M, W
18001 Nov 2–30	8:45am–9:45am	M, W, F
18002 Nov 2–30	9:45am–10:45am	M, W, F
18003 Nov 2–30	10:45am–11:45am	M, W, F
18004 Dec 2–30	8:45am–9:45am	W, F, M
18005 Dec 2–30	9:45am–10:45am	W, F, M
18006 Dec 2–30	10:45am–11:45am	W, F, M

BCC Seahurst Banquet Hall Instructor: Alex Lewis



SilverSneakers Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Handheld weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support. Free to qualified SilverSneakers members. No class 9/7, 11/11, 11/27 & 12/25.



Age: 50Y and up	Fee: \$35 / RD \$30	Monthly
18140 Sept 2–30	12:15pm–1:00pm	W, F, M
18141 Oct 2–30	12:15pm–1:00pm	F, M, W
18142 Nov 2–30	12:15pm–1:00pm	M, W, F
18143 Dec 2–28	12:15pm–1:00pm	W, F, M

BCC Seahurst Banquet Hall Instructor: Alex Lewis

Strength Training with Thera Bands Workshop

FIT PASS This workshop meets the second Thursday of each month and covers the importance of maintaining strength as you age and learning the easy exercises that will help you maintain your good health for as long as possible. Workshop includes a free Thera Band for you to take home.

Age: 50Y and up	Fee: \$12 / RD \$10	Classes: 3
17986 Oct 8, Nov 12, Dec 10	1pm–1:40pm	Thur
BCC Manhattan Room Instr: Burien Nursing and Rehab		

**RECEIVE A
\$10.00
DISCOUNT**

**ON ANY DANCE
OR FITNESS CLASS!
(for those 50+)**

This coupon is good for ANY dance or fitness class for participants who are 50 years or older and are new to that class or haven't participated in a dance or fitness class in the last 3 months.

SHAPE UP! 50+

Travel for Adults 50+

Travel Information

- Trip times are subject to change.
- No substitutions allowed.
- Cancellations must adhere to refund policy.
- A cold or common illness is not considered "medical illness."

TRIP RATINGS

All trips involve some degree of walking. See below for walking rating:

EASY * Mostly paved, minimal walking distance

MODERATE** Sometimes paved, may include stairs, moderate walking distance

DIFFICULT*** Some difficult terrain, uneven ground, stairs, incline, and/or extensive walking

Washington State Fair*

It's the biggest party in the state, and you're invited! Enjoy delicious food and dazzling entertainment. Trip includes escort and transportation. Admission is free with a canned food donation. Lunch is on your own.

Age: 50Y and up Fee: \$23 / RD \$20 Classes: 1
18152 Sept 11 9:00am–5:00pm Fri

Vehicle Transportation PaRCS Bus

Seattle Mariners vs. Colorado Rockies**

Join other seniors from across the state to see the Mariners take on the Colorado Rockies. Seats are located in the Terrace Club where every spot has a fantastic view. Trip includes admission, escort and transportation. Lunch is on your own. **MUST REGISTER BY 8/19.**

Age: 50Y and up Fee: \$62 / RD \$56 Classes: 1
17968 Sept 13 11:00am–5:00pm Sun

Vehicle Transportation PaRCS Bus

**PRE-REGISTRATION
REQUIRED FOR TRIPS**

Northwest Trek Wildlife Adventure**

NEW Experience the exhilaration of the great outdoors and wild animals. Take a walk along the winding paths, a tram ride through the park and enjoy a day exploring nature. Trip includes escort and transportation. Admission (\$9.25) and lunch are on your own.

Age: 50Y and up Fee: \$23 / RD \$20 Classes: 1
18166 Sept 16 9:00am–4:00pm Wed

Vehicle Transportation PaRCS Bus

Red Wind Casino*

This little casino is nestled just outside of Yelm. They have a FABULOUS lunch buffet that may steal you away from gaming tables and slot machines. Trip includes escort and transportation. Lunch is on your own.

Age: 50Y and up Fee: \$23 / RD \$20 Classes: 1
18154 Sept 22 9:00am–5:00pm Tue

Vehicle Transportation PaRCS Bus

Taproot Theatre: Dracula*

Bram Stoker's Dracula takes you on a chilling adventure following the unlikely allies that join forces to defeat an ancient villain. Trip includes admission, escort & transportation. No meal stop. **MUST REGISTER BY 9/1.**

Age: 50Y and up Fee: \$32 / RD \$28 Classes: 1
18158 Sept 29 1:00pm–5:00pm Tue

Vehicle Transportation PaRCS Bus

Mount Rainier*

Take in the fall colors as we drive to Mount Rainier National Park. Explore the new Paradise Jackson Visitor Center and surrounding trails. Trip includes admission, escort and transportation. Lunch at Paradise Inn or Paradise Camp Deli (\$7-\$12) is on your own.

Age: 50Y and up Fee: \$32 / RD \$28 Classes: 1
18187 Oct 5 9:00am–6:00pm Mon

Vehicle Transportation PaRCS Bus

Artisan Cheese Making*

NEW Learn how easy it is to make the best artisan cheese you've ever had. It will be hands-on at a farm in Fall City, where you will bring home your very own cheddar and mozzarella. Trip includes lesson, escort and transportation. A cheese buffet will be provided. Wine and beer available for purchase.

Age: 50Y and up Fee: \$58 / RD \$50 Classes: 1
18144 Oct 7 10:00am–3:00pm Wed

Vehicle Transportation PaRCS Bus



Tulalip Casino & Seattle Premium Outlets*

Whether you want to shop, gamble or do both, this trip is for you. Experience the sights and sounds of this Vegas-style casino and/or spend the day at one of Seattle's premium outlet malls. Trip includes escort and transportation. Lunch is on your own.

Age: 50Y and up Fee: \$17 / RD \$15 Classes: 1
18161 Oct 15 9:00am–5:00pm Thur

Vehicle Transportation PaRCS Bus

Astronomy Science Dome*

NEW Take a trip 'Back to the Moon For Good'. We will learn about the night sky and view a video on the spectacular Science Dome ceiling. Trip includes admission, escort & transportation. Lunch is on your own.

Age: 50Y and up Fee: \$23 / RD \$20 Classes: 1
18148 Oct 21 10:00am–4:00pm Wed

Vehicle Transportation PaRCS Bus

Maris Farms**

Enjoy the Fall season by exploring the cornfield maze, picking out a pumpkin and viewing the animals in the barn at Maris Farms in Buckley. We will start with lunch in the quaint town of Enumclaw where you will have time to explore. Trip includes escort and transportation. Admission (\$7) and lunch are on your own.

Age: 50Y and up Fee: \$23 / RD \$20 Classes: 1
18145 Oct 27 10:30am–5:00pm Tue

Vehicle Transportation PaRCS Bus

Puget Sound Navy Museum*

Take a trip across the Sound to visit Keyport and view the Puget Sound Navy Museum's Collection. The museum works to preserve, and interpret the naval heritage of the Pacific Northwest from 1840 to the present. We will have lunch at the Silver City Restaurant & Brewery in Silverdale. Trip includes escort and transportation. Lunch is on your own.

Age: 50Y and up Fee: \$23 / RD \$20 Classes: 1
18150 Nov 4 9:00am–5:00pm Wed

Vehicle Transportation PaRCS Bus

America's Largest Antique & Collectible Show*

NEW Billed as America's Largest Antique & Collectible Show, this event has 400 vendors selling furniture, glassware, slot machines, movie memorabilia, estate jewelry, paintings, and toys at the Washington State Fair Events Center. Trip includes escort and transportation. Lunch and admission (\$7) is on your own.

Age: 50Y and up Fee: \$23 / RD \$20 Classes: 1
18153 Nov 7 10:30am–4:00pm Sat

Vehicle Transportation PaRCS Bus

Angel of the Winds Casino*

Check out 'The World's Friendliest Casino,' nestled in the Arlington area. Trip includes escort and transportation. Lunch is on your own.

Age: 50Y and up Fee: \$23 / RD \$20 Classes: 1
18147 Nov 17 9:00am–5:00pm Tue

Vehicle Transportation PaRCS Bus

Tacoma Musical Playhouse: Chitty Chitty Bang Bang*

Take a fantastic musical adventure with an out-of-this-world car that flies through the air and sails the seas. Trip includes admission, escort and transportation. No meal stop. **MUST REGISTER BY 10/30.**

Age: 50Y and up Fee: \$54 / RD \$47 Classes: 1
18149 Nov 28 12:45pm–4:00pm Sat

Vehicle Transportation PaRCS Bus

Uncorked Paint Party*

NEW Combining friends, food, art and a fun, encouraging environment, treat yourself to a unique and entertaining artist-led canvas painting party. Simply follow along as our local artist teaches you step-by-step how to recreate the selected painting. No art skill is needed! Trip includes lunch, supplies, escort & transportation.

Age: 50Y and up Fee: \$46 / RD \$40 Classes: 1
18155 Dec 2 10:00am–3:00pm Wed

Vehicle Transportation PaRCS Bus

Festival of Trees*

Kick off the holiday season with a special tour of Multicare's Festival of Trees, each of which is decked out to the 9's with festive spirit and unique themes. We get a special viewing before these spectacular trees go up for auction. Then, enjoy lunch and leisure time in downtown Tacoma. Trip includes admission, escort and transportation. Lunch is on your own.

Age: 50Y and up Fee: \$23 / RD \$20
18156 Dec 3 9:00am–2:00pm Thur

Vehicle Transportation PaRCS Bus

Holiday at Molbak's*

More than just garden enthusiasts will enjoy Molbak's holiday displays as they turn the nursery into a winter-time paradise. Enjoy stunning displays of holiday colors, plants, and decorations, and free Kringle and coffee. We will stop for lunch at Red Hook Brewery. Trip includes escort and transportation. Lunch is on your own.

Age: 50Y and up Fee: \$20 / RD \$17 Classes: 1
18186 Dec 7 10:00am–5:00pm Mon

Vehicle Transportation PaRCS Bus

Little Creek Casino*

Feeling lucky? Join us for a trip to the Little Creek Casino. Experience the sights and sounds of this Vegas-style casino. Trip includes escort and transportation. Lunch is on your own.

Age: 50Y and up Fee: \$23 / RD \$20 Classes: 1
18146 Dec 10 9:00am–5:00pm Thur

Vehicle Transportation PaRCS Bus

Fantasy Lights in Spanaway Park*

Take a drive through the famous Fantasy Lights in Spanaway Park, where elaborate creations sparkle and glow with the holiday spirit. Trip includes admission, escort and transportation. No meal stop.

Age: 50Y and up Fee: \$23 / RD \$20 Classes: 1
18151 Dec 15 5:00pm–8:30pm Tue

Vehicle Transportation PaRCS Bus

The Washington State Assoc. of Senior Center's (WSASC)

EXTENDED TRAVEL OPPORTUNITIES

for anyone who would like to see more of America and the world.

Albuquerque Balloon Fiesta October 3–11, 2015

Highlights: Santa Fe, Santa Fe School of Cooking, Turquoise Trail, Balloon Fiesta, Old Town Albuquerque, National Museum of Nuclear Science & History, Indian Pueblo Cultural Center. 6 Days, Includes 8 Meals, Round Trip Air from Seattle Tacoma Intl Airport, Air Taxes and Fees/Surcharges, and Hotel Transfers.

\$2,499 Double / \$3,099 Single

Spain's Classics March 5–15, 2016

Highlights: Madrid, Royal Palace, Toledo, Cordoba, Seville, Flamenco Show, Granada, the Alhambra, Valencia, City of Arts & Sciences, Lladro City of Porcelain, Paella Experience, Barcelona, La Sagrada Familia, Parc Guell. 11 Days, 14 Meals, Air, Lodging, & Transfers

**\$3,799 Double / \$4,299 Single
\$3,769 Triple**

Tropical Costa Rica November 2016

Highlights: San Jose, Monteverde, Arenal Volcano, Lake Arenal Cruise, Cano Negro Refuge, Zarcero, and National Theatre. 9 Days, 14 Meals, Air & Hotels

**Approximate Cost
\$2,599 Double Occupancy**



**Info / registration: www.wsasc.org
or call Sheri at 206.767.2321**

Adults 50+ Services & Programs

At The BCC 14700 6th Ave SW • 206.988.3700



Membership Opportunities

A membership offers you reduced fees on some programs, a bi-monthly activity newsletter mailed to your home, and an opportunity to financially support all of the City's senior programs. Your support is appreciated!

Scholarships Available

Thanks to the generosity of the Edith Trucks Trust Fund, reduced senior program fees are available for those 50 years and older.

Drop In Activities

Bridge*	Mondays @ Noon–2:30pm	Chelsea Room
Open Art Studio	Mondays @ 12:30–3:30pm	Shorewood Room
Knitting	Tuesdays @ 2:00pm	Lobby
Pinochle*	Tuesdays & Thursdays @ Noon	Chelsea Room
Wii Bowling	Wednesdays @ 10:00am	Eagle Landing Room
Whist*	Wednesdays @ 1:00pm	Chelsea Room
Ping Pong**	Fridays @ 11am–2:30pm	Eagle Landing Room

*Please use these times to utilize the **Chelsea Room Lending Library**

**Starts Friday, September 11



Ballroom Dancing

**Every Friday*
1:45–3:45pm**

**Throw on your dance shoes
and have fun while getting fit!**

Featuring live dance music from Randy Litch!

**Adults of all ages
welcome!**

Seniors don't need
a partner to attend.

\$5 at door, cash
or check

Burien Community
Center, Seahurst
Room

*No dance 9/25 due to Taste of Tuscany Fundraiser and Dance

Adults 50+ Services & Programs

Personal Services

Appointments are required for these services available at the Community Center. Call early, since many services fill up weeks in advance. **206.988.3700**

Foot Care Clinic

Every Thursday, 9:00am–3:00pm
\$33 per person per visit, by appointment.

Attorney Consultations

Provided free-of-charge by local attorney Frank DeMarco.

3rd Thursday of the month:
September 17, October 15, and
November 19, by appointment

Metro ORCA Bus Passes

Apply for the Regional Reduced Fare Permit for Seniors &/or disabled citizens.

2nd Tuesday of every other month,
September 8 and November 10.

Reiki Group Therapy

Local Reiki practitioners provides gentle, restful hands-on healing and relaxation.

2nd Tuesday of the month, by
appointment, 10:30am–12:30pm:
September 8, October 13, November 10
and December 8. \$5 minimum donation.

Chair Massage

Local and licensed massage therapist offers chair massages to ease the body of tension and stress symptoms. Donations start at \$2 per 15-minutes.

2nd Wednesday of the month,
10:00am–Noon: September 9, October 7,
November 18, and December 9. Call for
appointments.

Hearing Clinic

Free ear checks and hearing screens by Highline Hearing Professionals.

Wednesday, November 4, 10:00am.
Call for appointment.

Statewide Health Insurance Benefits (SHIBA)

A free service that provides free, unbiased, and confidential assistance with Medicare and health care choices.

4th Wednesday of the month,
9:00am–12:00pm, September 23,
October 28, and November 25.

Medicare Consultations

Still have questions about Medicare? Meet with experts that will help you get a better understanding of how Medicare works as well as seven Medicare traps and how our information can help you avoid them.

11:00am–1:00pm, September 11,
October 9 & 23, November 6 & 20
and December 11

Flu Shots

Walgreen's will be onsite to offer flu shots to seniors and those who need them (ages 7 and up). Please bring your insurance card or if you don't have insurance or Medicare, free vouchers will be available. Call 206-988-3700 to make an appointment.

Tuesday, September 15, 10am–3pm.

Social Services & Transportation

These services are NOT available at the Community Center. Call the phone numbers below for assistance.

Senior Information & Assistance

The most comprehensive information available for local and regional senior services. **206.448.3110**

MEALS on WHEELS

Delivery of free frozen microwavable meals to home bound seniors.
206.248.5680

Free Burien Shuttle Bus Rides

The **HYDE Shuttle Bus** provides free weekday transportation for seniors or those with disabilities who need to get to and from their personal appointments. Take advantage of this wonderful service and schedule trips to the doctor, grocery store, or other nearby areas. **206.727.6262**

Volunteer Drivers Needed

If you're interested in providing a few hours a week to drive the shuttle, call for more information. **206.748.7588**

Metro Bus Access

A shared-ride van transportation service for seniors or disabled individuals who are unable to ride regular Metro buses.
206.205.5001 or 206.689.3113

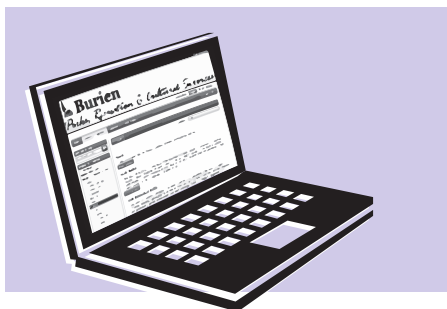
Volunteer Transportation

Get one-on-one service from a trained volunteer strictly for medical appointments, not limited to your local area. **206.448.5740**



Registration Information

THREE WAYS TO REGISTER...



ONLINE

Register.BurienParks.net



WALK IN

14700 6th Ave SW



CALL US

206.988.3700

- Pre-registration is required for all classes unless otherwise stated.
- All fees are due at the time of registration.
- No "on site" registration will be taken by instructors.
- All classes/activities have a minimum and maximum enrollment.
- Registration is required at least three (3) working days in advance to ensure class minimums are met.
- There is a \$25 service fee for all returned checks and declined credit cards.



BURIEN PARKS, RECREATION & CULTURAL SERVICES

Purpose is to enrich and inspire our community through quality experiences, people and places. We will promote a healthy, livable community with opportunities for physical activity as well as personal and cultural enrichment.

PROGRAM LOCATIONS

BCC Burien Community Center	14700 6th Ave SW
Burien Park Apts.	500 SW 148th St
Cedarhurst Elementary	611 S 132nd St
Chelsea Park	839 SW 137th St
Community Center Annex	425 SW 144th St
Dottie Harper House	421 SW 146th St
Evergreen Community Aquatic Center	606 SW 116th, Seattle
Green House Community Garden	437 SW 144th
Green House Field	437 SW 144th St
Highline Club	125 S 156th St
Highline High School	225 S 152nd St
Hazel Valley Elementary	402 SW 132nd St
Lake Burien Park	14640 18th Ave SW
MAC Moshier Community Art Center	430 S 156th St
Moshier Field	430 S 156th St
Seahurst Elementary	14603 14th Ave SW
Seahurst Park	1600 SW Seahurst Dr SW
Southern Heights Elementary	11249 14th Ave S, Seattle
Sylvester Middle School	16222 Sylvester Rd SW
Town Square Park	480 SW 152nd St



To view these locations on your PC, visit www.bit.ly/BPclasslocs

To view these locations on a smartphone, scan this QR Code

Registration Information

Satisfaction Guaranteed

We wish to provide you with the highest-quality programs and services possible. 100% CREDIT will be issued if you are dissatisfied with the quality of your instructor or facility, please call 206.988.3700 prior to the 2nd class and we will issue you a full credit or process your Refund Request Form.

Refunds & Credits

When appropriate, we will gladly refund or credit your class fee for these amounts:

- 100%: When class is canceled by the Burien Parks, Recreation, and Cultural Services Department due to insufficient enrollment OR when you request to withdraw from the class a minimum of 3 business days prior to the first class and accept a credit.
- 100% (less a \$5.00 processing fee): When you request to withdraw from the class a minimum of 3 business days prior to the first class and prefer a refund. No refunds will be issued if you request to withdraw from:
 - Programs costing \$5.00 or less
 - One day program
 - Trip or Travel programs where admission was purchased in advance
 - Special Events
 - A scholarship was used to pay for a program

Credits will be valid for one (1) calendar year. Refunds take approximately 3 weeks to process, and will not be issued from a credit. Medical illness or other extenuating circumstances will be handled on a case-by-case basis. Documentation of the circumstance may be requested.

Recreation Scholarship Program

Scholarships are available for youth who are Burien residents and adults 50+ for Adult/Senior Programs.

Call 206.988.3700 for scholarship information.

Accessibility

Individuals with or without disabilities may register for all programs offered by the City of Burien provided program safety requirements can be met. The Parks, Recreation & Cultural Services Department provides reasonable accommodation for people with disabilities. Please contact the Parks & Recreation office three (3) weeks in advance of the program start date to discuss accommodations. Reasonable accommodations will be determined on a case by case basis.

Inclement Weather Policy

During periods of bad weather, radio stations will report school closures and changes in schedules. Please listen for the Highline School District report.

1. SCHOOL CLOSED: All Burien Parks & Rec classes and programs are canceled. Canceled classes will be refunded.
2. SCHOOL OPEN/TWO HOUR LATE ARRIVAL: Burien Parks & Rec classes are as follows:
 - Classes held prior to 10:00am are canceled.
 - Classes held after 10:00am: call 206.988.3700 for updated information.
3. EARLY RELEASE due to inclement weather: call 206.988.3700.

PLEASE NOTE: During extended periods of inclement weather, some classes will continue to be canceled. Canceled classes will be listed on the 206.988.3700 after hour's message line and at www.BurienParks.net.

Disclaimer

This Recreation Guide is a general schedule of programs, activities and events. Dates, times and locations are subject to change. For updated information, call 206.988.3700 or visit www.BurienParks.net.

Photography & Video

The City of Burien takes videotape or photographs of people enjoying our parks or facilities. Photographs may be used for promotional purposes and are used at the discretion of and become the property of the City of Burien. Should you not want photographs of your child utilized for publications or posted on our website and social media promotion, please let our staff or your instructor know.

FIND US AT...

Burien Community Center

14700 6th Ave SW, Burien, WA 98166

OFFICE HOURS:

Monday–Thursday, 8:30am–8:00pm

Friday, 8:30am–5:00pm

Saturday, 8:00am–12:00pm

PHONE: 206.988.3700

FAX: 206.243.2784

WEBSITE: www.BurienParks.net

EMAIL US: parksinfo@burienwa.gov

Holiday Closures

Labor Day Monday, Sept. 7

Veterans Day Wednesday, Nov. 11

Thanksgiving Thursday, Nov. 26

Day after Thanksgiving . . . Friday, Nov. 27

Christmas Eve Thursday, Dec. 24

Christmas Friday, Dec. 25

SPECTACULAR SEAHURST PARK



BREATHTAKING BEAUTY. CLOSE-TO-HOME. **EXPERIENCE IT!**

RELAX

to the soothing
sound of waves

WATCH

a magnificent sunset over
the Olympic Mountains

WALK

on forested trails
in peaceful solitude

OBSERVE

the diversity of marine
life on the beach

EXCITE

the kids with the new
climbing play structure



SEAHURST PARK PICNIC SHELTERS

YOU CAN NOW RESERVE PICNIC SHELTERS ONLINE!

Visit **BurienParks.net** or call 206.988.3700

**Reservations accepted
through September 30th**

Morning Half Day 9:00am–2:00pm

Afternoon Half Day 3:00pm–Dusk*

Full Day 9:00am–Dusk*

*dusk between approximately 7:00pm–9:30pm



Nori Shelter *Northern-most shelter*

75 people

6 tables, 3 BBQs

Half Day: \$90 / \$75 *RESIDENT DISCOUNT*

Full Day: \$145 / \$125 *RESIDENT DISCOUNT*

Coral Shelter *Central location*

75 people

5 tables 3 BBQs, water

Half Day: \$90 / \$75 *RESIDENT DISCOUNT*

Full Day: \$145 / \$125 *RESIDENT DISCOUNT*

Sea Star Shelter *Southern-most shelter*

75 people

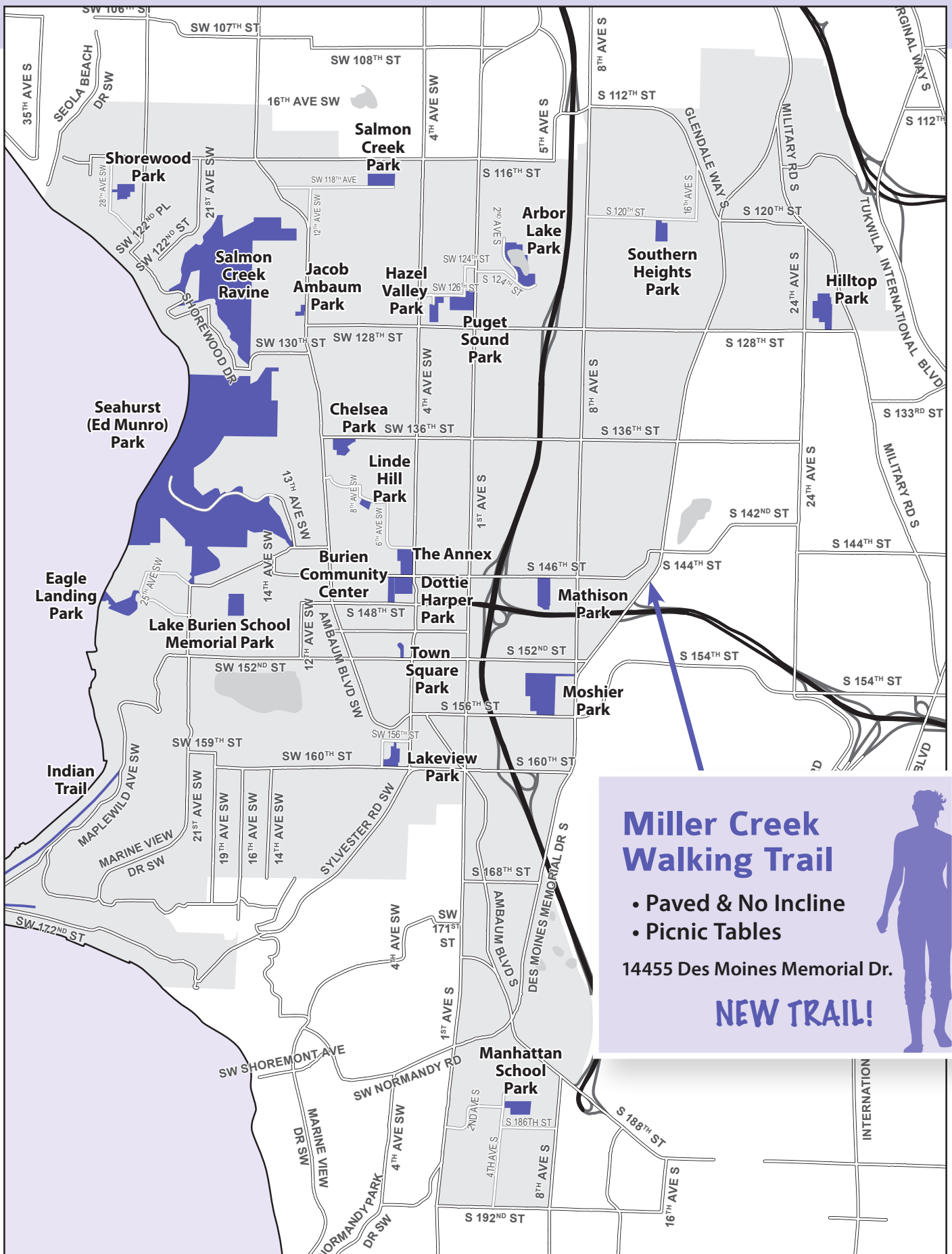
5 tables, 3 BBQs, water

Half Day: \$90 / \$75 *RESIDENT DISCOUNT*

Full Day: \$145 / \$125 *RESIDENT DISCOUNT*



	Acreage	Basketball Court	Barbeque	Picnic Area/Tables	Picnic Shelter	Play Toy	Restrooms	Saltwater Beach	Skate Park	Tennis Court	Water Feature	Sports Fields	Gravel Trails	Paved Trails	ADA Accessible
Arbor Lake Park 12380 2nd Ave S, 98168	8.54			★		★									
Community Center Annex 425 SW 144th St, 98166							★								
Community Center Annex Park 14549 4th Ave SW, 98166	4.8	★		★					★					★	★
BCC 14700 6th Ave SW							★								★
Chelsea Park 839 SW 136th St, 98166	3.0			★		★	★				★			★	★
Des Moines Memorial Park 15623 Des Moines Memorial Dr, 98148	.01														
Dottie Harper Park 421 SW 146th St, 98166	3.9			★		★							★	★	★
Eagle Landing Park 14641 25th Ave SW, 98166	6.21												★		
Green House / Community Garden 437 SW 144th St, 98166	.75														
Hazel Valley Park 251 SW 126th St, 98146	2.86			★										★	★
Hilltop Park 2600 S 128th St, 98168	7.36		★	★											
Jacob Ambaum Park 12621 Ambaum Blvd SW, 98146	1.04	★	★	★		★	★							★	★
Lake Burien School Memorial Park 14640 18th Ave SW, 98166	4.6					★	★			★			★		★
Lakeview Park* 422 SW 160th St, 98166	2.8	★		★		★								★	
Linde Hill Park (141st St Pond) 651 SW 141st St, 98166	1.0													★	★
Manhattan School Playground Park* 18386 4th Ave S, 98148	1.0			★		★					★			★	★
Mathison Park 533 S 146th St, 98168	5.3		★	★		★							★	★	★
Miller Creek Trail 14455 Des Moines Memorial Dr, 98148	10			★									★	★	★
Moshier (William E) Memorial Park & Moshier Art Center 430 S 156th St, 98148	15.2						★				★			★	★
Puget Sound Park 135 SW 126th St, 98146	5	★		★		★							★		
Salmon Creek Park 700 SW 118th St, 98146	4.58			★										★	
Salmon Creek Ravine Park 12540 Shorewood Dr SW, 98146	87.77												★		
Seahurst (Ed Munro) Park 1600 SW Seahurst Park Rd, 98166	182.5		★	★	★	★	★	★					★	★	★
Shorewood Park 11830 28th Ave SW, 98146	3.4												★		
Southern Heights Park* 12025 14th Ave S, 98168	3.27					★									
Town Square Park 480 SW 152nd St, 98166	1.0									★			★	★	★
Triangle Park 15345 Ambaum Blvd SW, 98166	.10														



Miller Creek Walking Trail

- Paved & No Incline
- Picnic Tables

14455 Des Moines Memorial Dr.

NEW TRAIL!



Performing Arts

ARTIST UNITED

artistunitedclub.com
artistsunitedclub@gmail.com

Artist United Art Show Through October

Burien Community Center, 14700 6th Ave SW

Members work in a variety of styles and media: water-color, acrylic, oil, pastel, mixed media, photography, pottery, printmaking, glass and jewelry.

BURIEN ACTORS THEATRE

www.burienactorstheatre.org • 206.242.5180
14501 4th Ave SW

Tickets \$7-20; special deals on first weekend of each production

The Addams Family

Oct. 2–Nov. 1 • Fri & Sat: 8pm, Sun: 2pm

The wonderfully macabre Addams family is put to the test when Wednesday, the ultimate princess of darkness, grows up and falls for a “normal” young man from a respectable family.

A Christmas Twist

Nov. 27–Dec. 20

An irreverent mash-up of the beloved Charles Dickens’ tales A Christmas Carol and Oliver Twist—with an absurd cast of characters including Little Orphan Annie. The result is a humorous parody of Christmas stories.



HI-LINERS MUSICAL THEATRE

www.hi-liners.org • 206-617-2152
info@hi-liners.org

MainStage Presents **Chitty Chitty Bang Bang**
September 12, 13, 19, 20, 26, and 27,
Saturdays at 7:30, Sundays at 1:30

Highline Perf. Arts Center, 401 South 152nd Street

Pre-purchase \$12–\$25, At door \$15–\$28, all seats reserved. Opening Night Sept 12: all seats \$12!

A fantastic musical adventure with an out-of-this-world car that seems to fly through the air and sail the seas!

DownStage Center Fall Classes Begin October 2015

The Burien Annex, 14501 SW 4th St • Ages 5 & up

Join the fun at Imagination Station, unleash your inner diva in Musical Theatre Playhouse, prepare for upcoming auditions with The Voice and Studio, or explore wowing the audience in Improvisation!

Auditions for DownStage Center Winter Show October 2015



The Burien Annex, 14501 SW 4th St • Ages 7 to 18

DSC programming features a “no tears” workshop style audition, a rehearsal schedule tailored to the needs of our youngest actors, and performance opportunities in small venues just right for developing voices.

11th Annual Gala Dinner Cabaret & Auction, The Hi-Liners Take Flight! November 14, 5:30 pm

South Seattle Community College • Ages 18+

It's Entertaining, It's Delicious, It's Important, and You Are Invited! Support quality musical theatre in Burien!

NORTHWEST ASSOC. ARTS

www.nwassociatedarts.org • 206.246.6040

Youth Choruses

Auditions through September by appt.

Auditioning young voices grades 3–12 for the 2015–16 concert season. Performances include Christmas Concert in December and mainstage concert in May! Dues \$250/year if paid in advance, \$140 per mainstage concert, or \$35 per month. Scholarships available.

Grades 3–5 email: colleen.nwaa@gmail.com

Grades 6–12 email: kerstin.nwaa@gmail.com



ChoralSounds Northwest

Auditions through September by appt

For ages 17+. The 2015–16 season includes Christmas Concert in December, annual Cabaret in February, Mainstage Spring concert in May, and Masterworks Concert in June. Dues \$140/year or \$70/concert. Scholarships available.

Interested? info@nwassociatedarts.org or 206.246.6040

SilverSounds Northwest

On-going Auditions

A group of mostly retired folks who believe that “You are never too old to rock and roll!” Regular performances include NWAA's Christmas Concert in December and in their own annual mainstage concert on April 17, 2016. Dues \$60/year.

For appt. to audition, call conductor Paula Hawkins 206.719.1179 or email at prhawkeye@yahoo.com.

JOY! The Northwest Associated Arts 2015 Christmas Concert

Sat., Dec. 12, 7pm • Sun., Dec. 13, 2pm

Highline Perf Arts Center, 401 South 152nd Street

This concert extravaganza will feature all of the choruses of NWAA's musical family in celebration of holiday choral traditions from around the world. Seven ensembles totaling more than 180 singers from age 8 to 88.

Reserved \$25, Festival \$20, 17 & under free w/ paid adult.

NW SYMPHONY ORCHESTRA

www.northwestsymphonyorchestra.org

Family Concert

Friday, October 30, 7:30pm

Highline Perf. Arts Center, 401 S 152nd St, 10-15

Children are invited to wear family friendly costumes.

Music includes: Night on Bald Mountain, Modest Mussorgsky Magia y Ritual, Jorge Mejia with the choirs of Kennedy and Mount Rainier High Schools, Emily Doolittle Heroic Overture, Keith Van Kirk TBA (world premiere), Samantha Boshnack Slavonic Dance Op. 46 no 1, Antonin Dvorak.

HIGHLINE PERF. ARTS CENTER

401 South 152nd Street • 206.631.6795

Visit our website at www.HighlinePAC.org for upcoming events and information!



BURIEN ARTS ASSOCIATION

www.burienarts.org • 206-244-7808

At Burien Arts Gallery, 826 SW 152nd St:

Life Drawing

Every Monday, 1:00–4:00 pm

\$40 per month • Life drawing with live model



Washington Music Pioneers

Humanities Washington Speakers Bureau

Sunday, September 13, 7pm, Free

Radio host Amanda Wilde discusses what Washington music giants Bing Crosby, Jimi Hendrix and Kurt Cobain have in common.

Monthly Fine Art Exhibits

Burien Arts Gallery, 826 SW 152d St.

Sept: Printmaking • Oct: Halloween

Nov: Fabric Art • Dec: Holiday Gifts

Open WED–SAT: Noon–6:00pm, SUN: Noon–4:00pm.

Monthly exhibits at the only non-profit fine-arts gallery between Tacoma and West Seattle

Highline Classic Jazz Festival

Saturday, September 19, 3pm

Burien Arts Gallery, 826 SW 152nd St., and various venues around downtown Burien and Olde Burien \$20, youth under 18 free.

Features musicians playing classic jazz from the first half of the 20th Century.

Vision 20/20 Art Sale

Saturday, November 21, 6:30pm

Burien Comm. Center, 14700 6th Ave SW • Free

Browse small artwork by local artists. When the bell rings, grab your favorites and pay just \$40 a piece. Proceeds are divided between the artists and the Burien Arts Assoc.

MOMENTUM MUSIC & DANCE

MomentumDanceAcademy.org • 206.242.1239

Tickets on sale October 15

The Nutcracker

December 4 and 5 • 7:00pm

Highline Perf Arts Center, 401 S 152nd St • \$16–\$20

Over the past nine years Momentum has developed a beautiful rendition of Tchaikovsky's The Nutcracker into a full-length ballet that has quickly become a Christmas tradition for families throughout the Highline area.

Christmas Time is Here

December 21, 7:00pm

Highline Perf Arts Center, 401 S 152nd St • \$12–\$16

Join our Tap, Jazz, Contemporary, Irish, and Hip Hop dancers for a celebration of Christmas, dance, and music.

Music and Dance Lessons

Momentum Music and Dance Academy,
15811 Ambaum Blvd SW, Suite 160

Ages: 3 years–Adult

Momentum Music & Dance Academy is dedicated to providing professional dance and music instruction in a caring and nurturing environment to students of all ages. We offer classical ballet, jazz, tap, contemporary, Irish, hip hop, and ballroom, as well as private and group music lessons in piano, guitar, and voice.



A CENTER FOR ALL OCCASIONS

UN CENTRO PARA EVENTOS CON LA FAMILIA

If there is a special occasion in your future, the Burien Community Center will be ready to serve you and your guests.

Reservations are currently being taken from 3–12 months in advance. Hourly rates of \$35–\$100 according to event, room, time, and dates. The Burien Community Center Seahurst Room will accommodate up to 200 people and includes an on-site kitchenette. Four smaller meeting rooms can accommodate up to 60 people.

For additional information or to inquire about rental dates please contact us at facilityrentals@burienwa.gov or 206.988.3700 or visit www.BurienParks.net.



**WEDDING RECEPTIONS // REUNIONS
RETIREMENT PARTIES // DANCES
CORPORATE PARTIES // BAPTISMS
BIRTHDAY PARTIES // BABY SHOWERS
...AND MUCH MORE!**

BURIEN COMMUNITY CENTER

14700 6th Ave SW • 206.988.3700
facilityrentals@burienwa.gov
www.BurienParks.net

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Download the BurienParks.net App



Scan with your SmartPhone or visit www.m.BurienParks.net





OCTOBER 4TH 2015
WWW.BURIENBRATTROT.COM



**LIVE MUSIC!
 BEER GARDENS!
 KID STUFF!
 COSTUMES AND
 CAROUSING
 ENCOURAGED!**

**B-Town's Favorite Family
 Fun Run Is Back!**

Buy local, buy handmade, buy sustainable, buy one of a kind...

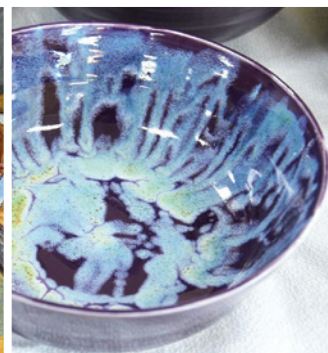
Moshier Holiday Pottery SALE

**Saturday, December 5th
 10:00am – 3:00pm**

Moshier Art Center
 430 S 156th St, Burien

Twice a year the potters at the Moshier Community Art Center gather to sell their handmade wares. Come to this amazing sale to find hundreds of items such as mugs, bowls, serving dishes, casseroles, garden art, jewelry, planters, and more! Come early for the best selection. Cash or checks accepted.

MOSHIERARTCENTER.ORG
 206.988.3700





Burien

Día de los Muertos

Únase a esta celebración de la tradición de honrar y recordar nuestros antepasados y familias.

**Viernes
30 de Octubre
6-9 pm**

Burien Community Center
14700 6th Ave SW

Baile y comida • Música tradicional • Altares
Artes y artesanías • Cuentos y mucho más



DISCOVER
BURIEN

BURIEN ARTS
ASSOCIATION

Para Los Niños

Historical Society

www.BurienWA.gov/DDLM
206.988.3700

CLASES DE YOGA GRATIS



Disfrute este programa tan popular patrocinado por la Clínica de Sea Mar en colaboración con el Departamento de Parques de Burien.

Aprenda a estirarse, relajarse y estar saludable. Está abierto para jóvenes y adultos.

**Todos los Martes y Jueves
de 5:30-6:30pm
Centro Comunitario de Burien**

S'MORES
DELICIOSOS



CUENTOS Y
CANCIONES

FOGATA *en la Playa Seahurst*

**VIERNES 2 DE OCTUBRE
DE LAS 6:30 A LAS 8:00 PM
1600 SW SEAHURST PARK ROAD**



www.BurienWA.gov/SeahurstCampfire
206-988-3700





City of Burien
14700 6th Ave SW
Burien, WA 98166

PRSRT STD
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Permit #5859
Seattle, WA



Burien

Día de los muertos

Day of
the Dead
Celebration

Help us celebrate
the tradition of
honoring and
remembering our
ancestors and
families.

Friday, October 30 // 6-9:00PM

Dance and Food • Traditional Music • Altars/Ofrendas
Arts and Crafts • Stories and more!

Burien Community Center
14700 6th Ave SW

www.BurienWA.gov/DDLM
206.988.3700



DISCOVER
BURIEN

BURIEN
ARTS
ASSOCIATION

Para Los Niños

Historical Society